SOUPS
BREADS
and
SPREADS

SOUPS BREADS and SPREADS

a collection of recipes from

Friends of the Octagon

and their friends

FO

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Linda Emmerson, Illustrator

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INTRODUCTION

The Octagon Center for the Arts is a community organization. It offers exhibitions of the work of local, national and international artists—drawings, paintings, sculpture, ceramics, weaving, dance and dramatics, and classes in these arts for all ages from preschool to senior citizen.

The Center operates on funds generated by memberships in the organization, fees for classes, some support from the city of Ames and fund-raising projects. Friends of the Octagon are people, mostly women, who support some of the Center's exhibitions and activities. This cookbook, SOUPS, BREADS and SPREADS, is our latest money-making project.

In our cookbook you will find references to Soup's On and Mozart, Muffins and Marmalade (the three "M s"). Soup's On is a twice-a-year luncheon featuring homemade soup and homemade breads. The Three M s were evenings of music provided by Iowa State University and community musicians. Friends made orange marmalade and hundreds of muffins to serve, hot from the oven, after the concert.

Several years ago the Octagon bought an old building with more room for its ever-growing classes and other activities. It is all

there—spacious classrooms, well-lighted exhibition space, a cheery auditorium that doubles as a dining room for our Soup's On luncheons, and a splendid kitchen.

Do come to see us at 427 Douglas Avenue, Ames, Iowa, and visit our exhibitions and craft and gift shop.

Our friends and relatives contributed the recipes in SOUPS, BREADS and SPREADS and a committee of Friends of the Octagon put the cookbook together.

Mildred Benson
Bess Ferguson
Gilda C. Hancock
Kathie Oulman
Jean Peterson
Jean V. Sargent
Mary-Lea Schofield
Susan Shicholz
Pat Wilson
Marlys Young

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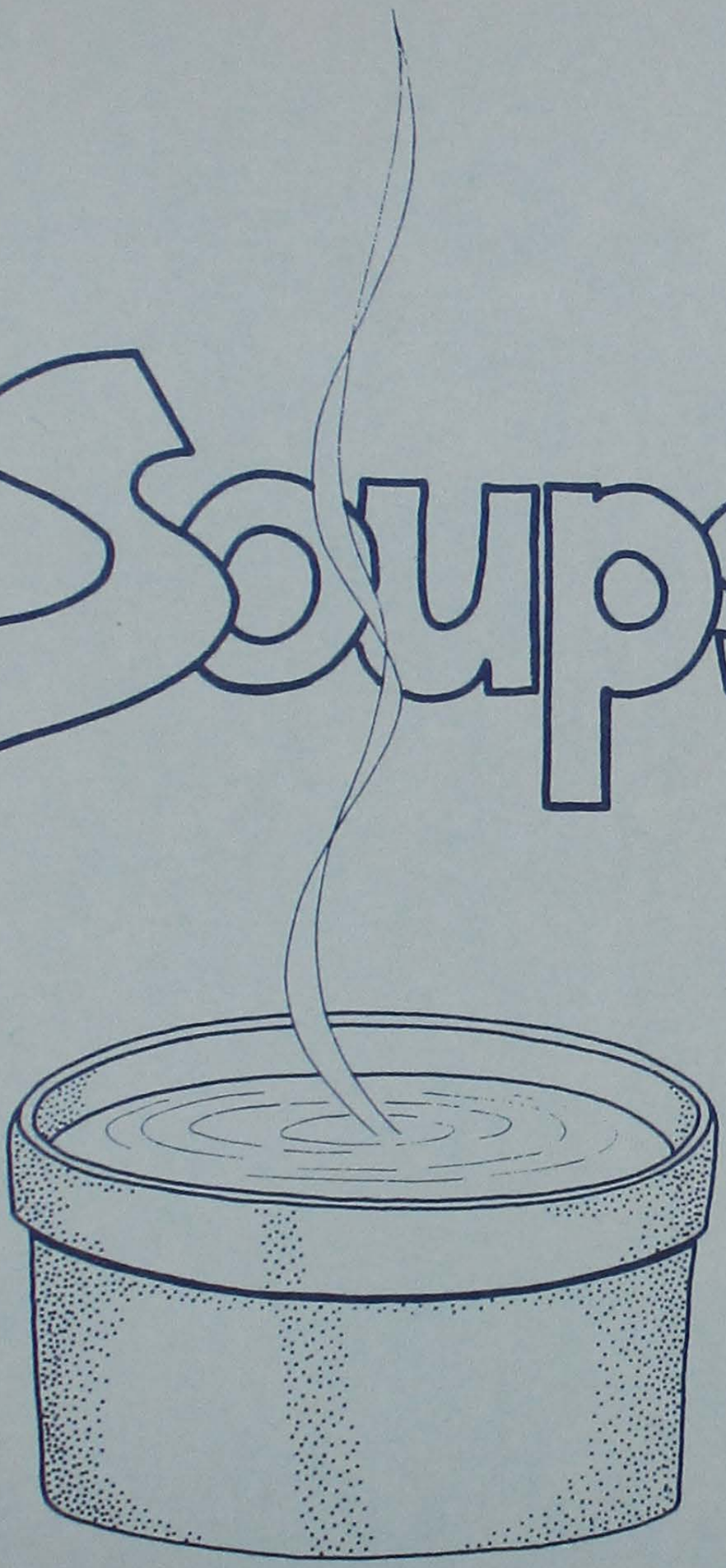
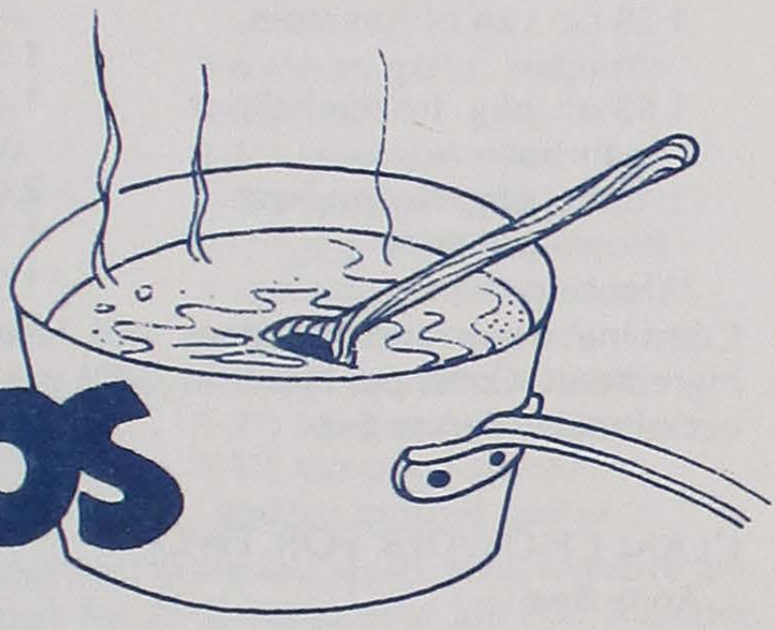
Soups



Hot Soups



FISH-TOMATO CHOWDER

Marion Weiss

2 cups water
1 28 oz. can of tomatoes, cut up
1 16 oz. pkg. frozen halibut or turbot
1 16 oz. pkg. frozen hash brown potatoes (loose pack)
1 10 oz. pkg. frozen peas and carrots
1 7 oz. pkg. frozen shrimp
1 tablespoon instant minced onion
2 teaspoons parsley flakes
1 teaspoon marjoram
1½ teaspoons salt

Combine water and tomatoes and heat to boiling. Add remaining ingredients. Cover pan, place in 350°F oven and cook two hours, stirring occasionally. Serves 6-8.

CLAM CHOWDER FOR TWO

Anita Beal

1 small potato, diced small
1/2 cup clam juice
1 tablespoon onion, chopped fine
1 tomato, peeled, seeded and chopped
1 7 oz. can clams, with juice
1/4 cup cream
salt and pepper

Cook potatoes and onion in clam juice until tender. Add tomato, clams with juice and heat thoroughly. At the last moment add cream, salt and pepper to taste. Reheat briefly. Serves 2.

CRAB SOUP

Mildred Benson

You probably will think this is a made-from scratch soup.

1 10¾ oz. can mushroom soup
1 10¾ oz. can celery or asparagus soup
1 cup half and half cream
1¼ cup milk
1 6 oz. can crab meat
1/3 cup sherry
1/8 teaspoon Tabasco sauce
1/2 teaspoon Worcestershire

Put soups, cream and milk in blender until well mixed. Remove and heat slowly with remaining ingredients. Adjust seasonings. Serve at once. Serves 4-6.

BASIC FISH STOCK

Lisa Fouad

Keep a supply of basic fish stock in your freezer.

8-10 cups water
2-3 lbs. head, bones and trimmings from perch or other white-fleshed, non-oily fish. (If necessary, use one can or bottle clam juice)
1 large onion, peeled, quartered
1 large potato, peeled, quartered
4 stalks celery, thinly sliced
2-6 cloves garlic, minced
1 bay leaf
1-1½ teaspoon sweet basil
1-1½ teaspoon marjoram
6 sprigs parsley
3 tomatoes, quartered or 16 oz. canned tomatoes
salt and pepper to taste
1-1½ teaspoon oregano
1-1½ teaspoon thyme and/or ground cumin

Put all ingredients in a large pot and bring to a quick boil. Remove any froth that collects on top. Cook for 25-30 minutes at full boil. Remove bones and heads and discard. Strain the broth. Puree vegetables and add to the broth. Correct seasoning and bring to boil once more. Makes 6 cups.

CIOPPINO (Italian fish soup)

1 lb. firm white fish cut into bite-size pieces (flounder, turbot or halibut are usually available)
1/2 to 1 lb. raw shrimp in the shell (may substitute shelled deveined shrimp if raw shrimp are not available)
1/2 to 1 cup cooked crabmeat
1/2 to 1 lb. clams in shells
6 cups basic fish stock

Bring basic fish broth to a simmer. Add fish and shell fish. Cover and simmer 20 minutes. Discard any clams that have not opened. To serve, ladle some of each kind of fish into warm soup bowls. Top with broth. Provide extra bowls to discard shells. Serve with lots of crusty French bread, a tossed salad and fresh fruit for dessert. Serves 6.

FISH SOUP

2 lbs. fillets of perch or other white-fleshed, non-oily fish
juice of 1 lemon
6 cups basic fish stock

Bring basic fish stock to a boil. Add the fillets and simmer for 10-15 minutes or until fish is cooked and flakes. Avoid overcooking. Remove from heat, add lemon juice. Serves 6.

SCALLOP SOUP

4 cups basic fish stock
1/3 lb. scallops, defrosted
1 egg, slightly beaten
16 very thin julienne strips of ham (about 3 inches long and 1/4 in. wide
1 teaspoon coriander

Bring fish stock to a simmer in saucepan. In a separate pan place scallops over, not in, boiling water. Steam for 3-4 minutes until just done. Remove scallops and slice very thin. Remove broth from heat. In a thin, steady stream stir egg into broth. Add scallops. Pour soup into heated bowls. Garnish with ham and coriander. Chicken broth may be substituted for basic fish broth for a different, lighter soup.

CLAM VELVET SOUP

Sharon Haugen and Carol Wall

This "Winners Bridge Luncheon Soup" can be made one week ahead of serving time and kept in the refrigerator.

21 oz. cooked chopped clams or 3 6½ oz. cans of clams
1 quart clam juice
1 quart half and half cream
1½ lb. grated Swiss cheese
1/2 cup chopped fresh chives
1/2 tablespoon garlic granules
1 tablespoon (or less) salt
1 tablespoon (or less) pepper
1/2 tablespoon thyme
2 cups dry white wine
1 lb. butter
1½ cups flour

Heat clams, clam juice, cream and cheese in a 6 quart double boiler until liquid becomes quite warm. Add chives, garlic, salt, pepper and thyme. In a saucepan over high heat, reduce wine to one-half and add to soup. In another pan make a roux of butter and flour and let thicken but not brown. Add slowly and whip gently into the cheese and clam mixture and cook 45 minutes. Serves 10.

PORTUGUESE FISH SOUP

Carol Johnson

10½ oz. can tomato soup
10½ oz. can green pea soup
2 cups heavy cream
salt and pepper to taste
1 tablespoon Worchester-shire sauce
1/4 cup dry sherry
1/2 lb. cooked cod
1 small can tiny shrimp

Combine all ingredients in blender and blend well. Heat until hot do not boil. Serve in heated bowls and garnish with tiny cooked shrimp. Serves 4.

EDNA'S CHOWDER

Freda Riecken

2 onions, chopped
1/2 cup butter
3 medium potatoes
2 cups water
1 lb. frozen fish fillets
1 1 lb. can cream style corn
1 can evaporated milk
1 teaspoon basil
salt and pepper

Saute onions in butter until clear. Peel potatoes and cut into small pieces and cook in water until tender. Cut fillets into small pieces and stir into pot with potatoes. Add cooked onion, corn and basil. Stir in evaporated milk and heat but do not boil Reheat over hot water. Makes 3 quarts.

SHRIMP SOUP (Indian Style)

Mrs. V. Baikerikar

3 cups water
1/4 teaspoon tumeric
small slice ginger root, chopped
2 onions, chopped
2 tomatoes, chopped
1 medium potato, chopped
1 tablespoon butter
1/2 onion, chopped
1 cup shrimp, chopped
salt to taste

To the water add tumeric, ginger root, onions, tomatoes, and potatoes. Cook until potatoes are tender. Heat butter in a skillet, saute onion until soft and translucent. Add to soup. Add shrimp to soup. Simmer 3 minutes. Serves 4.

SEAFOOD CHOWDER

Trudy Reynolds

1 cup chopped potatoes
1/2 cup chopped carrots
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped green pepper
4 tablespoons butter
3 cups chicken broth
dash white pepper
2 cups milk
1/2 cup flour
1½ cup shredded sharp cheese
1 tablespoon chopped parsley
1 6 oz. can crab meat
1 12 oz. pkg. small frozen shrimp
1/4 cup sherry

In a soup pot, saute potatoes, carrots, celery, onion, and green pepper in butter until tender. Add chicken broth and pepper. Cover and simmer 30 minutes. Blend milk into flour. Add to chowder with cheese and parsley. Cook and stir until thickened. Shred crab meat. Add crab and shrimp to mixture. Heat through, add sherry and serve. Serves 6-8.

SHE-CRAB SOUP

Stan Griffith

Students in the Ft. Lauderdale cooking class for men only voted this soup their favorite.

1 stick butter
1 onion, diced
1 leek, diced
8 ribs celery, diced
2 tablespoons flour
1 teaspoon tomato paste
oregano, a pinch
1 qt. chicken broth
1 qt. fish stock

Melt butter in pan, add vegetables and simmer until tender. Add flour, tomato paste and oregano, stir well. Stir in chicken broth and fish stock and boil for 30 minutes stirring occasionally.

4 oz. crab roe
1/2 lb. crabmeat
1 tablespoon sherry
1 teaspoon Worcestershire sauce
salt and pepper to taste
2 egg yolks, beaten
1/2 pint cream

Add crab roe, crabmeat, sherry, Worcestershire, salt and pepper. Cook 5 minutes and remove from heat. Add egg yolks and cream. Serve at once. Serves 8.

FISH CHOWDER

Georgene Shank

Easy and delicious

2 bacon slices
2 medium potatoes, sliced (2 cups)
2 medium onions, chopped (2 cups)
2 medium carrots, sliced (2/3 cup)
1 lb. frozen fish fillets
2 cups water
1 package buttermilk salad dressing mix
2 cups milk

Cook bacon in large skillet until crisp. Drain and crumble. Reserve 1 tablespoon fat. Saute potatoes, onions and carrots in bacon fat five minutes. Move vegetables to side of skillet, add fish and water. Bring to boil, reduce heat. Cover and simmer 15 minutes (turn fish once) until vegetables are tender and fish flakes easily with a fork. Break fish into pieces. Mix salad dressing mix and milk and stir into fish and vegetable mixture. Add bacon. Heat but do not allow to boil. Serves 6.

KENNEBECK LOBSTER CHOWDER

Helen Ulmer

This chowder is an elegant supper dish, served with a tossed salad or a grapefruit and avocado salad, rolls and a light dessert. I have made it for 8 to 12 people and made as many as 5 to 6 recipes at the same time in a large soup kettle over a large pan of water. I decrease the onions somewhat when making a large quantity.

5 tablespoons margarine
1 6 oz. can lobster
1 cup sliced onions
2 cups milk
1/2 cup thick cream
1 teaspoon salt
1/8 teaspoon cayenne or red pepper
1 bit of paprika

Melt margarine in top of double boiler. Add lobster and cook 5 minutes. Add onions, cook 10 minutes. Add milk, cream (or half and half or evaporated milk), salt, cayenne and paprika and cook 1 hour over hot water. Refrigerate 24 hours and reheat over hot water. Serves 3.

One good cook uses instant mashed potatoes to thicken cream or bean soups.

CREME D'ASPARAGUS POTAGE

Mary Harms

The tarragon in this soup really brings out the best in the asparagus.

1 lb. fresh asparagus
1 medium onion, chopped
salt and pepper
1 teaspoon tarragon
pinch of dry mustard
2 teaspoons honey
2 cups chicken stock
1 cup beef stock
3 tablespoons butter
1/4 cup flour
1¼ cups whole milk
2/3 cup half and half cream

Wash and trim asparagus, removing all the hard, woody stem. Cut in short lengths, keeping a few tips for garnish--two for each bowl of soup. Cook tips in salted, boiling water a few minutes, until tender. Drain, refresh in cold water and set aside. Cook remaining asparagus, onion, salt, pepper, tarragon, mustard and honey with chicken and beef stock until asparagus is tender, about 15 minutes. (Cover the pot with a circle of wax paper under the lid to prevent evaporation.) Puree in blender or food processor in batches.

Stir flour into melted butter and cook one minute. Gradually add milk and bring to a gentle boil, stirring. Simmer gently about 5 minutes. Cool slightly, add cream and strain. Serve hot or cold, garnished with reserved cooked asparagus tips. If soup is to be served hot, gently reheat asparagus tips. Serves 8.

ASPARAGUS SOUP

Pod Wilson

1/2 lb. fresh asparagus
1/4 lb. mushrooms
1 small onion, chopped
pinch of salt
3 cups chicken broth
3 cups skim milk
black pepper, freshly ground
parsley

Cook asparagus on stems, in water to cover, until tender. Save tips. Blend stems in blender. Saute mushrooms and onion in 3 tablespoons butter, till tender. Add 2 or 3 tablespoons butter in small pieces. Blend well in blender. Add heated chicken broth, skim milk and blended asparagus stems. Add whole tips. Sprinkle lightly with salt and freshly ground black pepper. Garnish with chopped, fresh parsley.

HOME-MADE BEEF-VEGETABLE BROTH

Ursula Godany

This broth serves as a basis for dumpling soups.

1-2 lb. beef (Pot roast)
2-3 soup bones
4 quarts water
2 carrots, cut in 2 inch sticks
2 celery stalks, 2 inch sticks
1 large onion
1 celery root (quartered)
several parsley roots (sliced)
Maggi
chives
salt and pepper to taste
Liver or cream of wheat dumplings

Wash and trim beef. Fill large deep pot with cold water, meat and bones. Add salt and pepper to taste. Bring to boil. With spoon remove dark foamlike substance from surface. Simmer one hour. Add vegetables and simmer one hour. Pour broth through sieve into a large pot or Dutch oven. Adjust seasoning. Add several drops of Maggi. Bring back to light boil. Add dumplings and cook. Sprinkle chives over soup in tureen or in serving bowls. Vegetables may be cut in smaller pieces and added to broth for a heartier soup. Maggi is a liquid seasoning.

LITTLE DUMPLINGS

1 egg
3 tablespoons flour
salt to taste

Mix egg, flour and pinch of salt by beating quickly with a fork. Using 1/4 teaspoon, drop dough into boiling broth. Don't stir to allow little dumplings to form. Boil for three minutes. Serve hot in deep soup bowls.

CREAM-OF-WHEAT DUMPLINGS

1 cup milk
1/6 stick butter
salt and nutmeg to taste
2/3 cup cream-of-wheat
2 eggs

Bring milk, butter and seasonings to a boil. Stir in cream-of-wheat, turn off heat and keep stirring one more minute. Cool mixture, add eggs and mix well. Using two teaspoons, form little, oval-shaped dumplings and drop into boiling broth. Dip spoons in cold water after each use to prevent sticking. Cook 5 minutes. Do not overcook.

LIVER DUMPLINGS

4 oz. chicken liver
1½ oz. bacon
1 medium onion
2 egg yolks
salt and pepper to taste
1/2 cup bread crumbs
beef broth

Remove as much skin from livers as possible. Put through meat grinder together with raw bacon and onion. Add remaining ingredients and mix well. Form oval-shaped dumplings by using two teaspoons. Drop into boiling beef broth. Dip spoons in cold water after each use to prevent sticking. Cook 8 minutes. Do not overcook.

BEEFY VEGETABLE SOUP

Soup's On at the Octagon

3 lbs. meaty beef soup bones
2 lbs. lean beef stew meat
4 quarts cold water
1 tablespoon salt
2 tablespoons mixed pickling spice, tied in a piece of cheesecloth

Cut stew meat into 1/2 inch cubes, removing all fat and gristle. Place bones and meat cubes in a shallow, lightly greased pan. Brown in 475° F oven 30 minutes or until it has reached a rich brown color. Place meat, along with dripping into large soup kettle. Add water, salt and pickling spice. Bring to a boil. Lower heat and simmer three hours. Remove spice bag and bones. Remove meat from bones, cut into bite-sized pieces, and return to kettle. Stir in:

2 cups fresh carrots, sliced
2 cups fresh celery, sliced
16 oz. frozen green beans, cut into 1 inch pieces. (May use fresh)
10 oz. frozen (or fresh) corn
2 1 lb. 13 oz. cans tomatoes, chopped
1 10 oz. pkg. frozen cauliflower
6 tablespoons snipped parsley
1/2 cup dry onion flakes (minced or chopped)

Bring soup to a boil. Cover and cook slowly until vegetables are tender. Makes 2 gallons.

One good cook puts bouquet of garni in metal tea balls instead of cheese cloth.

ZUCCHINI SOUP

Mary James

This is another good way to use the ever present zucchini in the summer garden.

- 4 strips bacon, diced
- 6 cups diced zucchini
- 2 cloves garlic, minced
- 1/4 teaspoon oregano
- 1/4 teaspoon thyme
- 1/4 teaspoon marjoram
- 1/4 teaspoon basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2½ cups water
- 1 can beef consummé

Brown diced bacon. Add zucchini and seasonings. Simmer until tender. Puree in blender until smooth. Reheat adding water and consomme. 6 servings.

ZUCCHINI SOUP

Niki Buck

I don't know why the egg shells, but this soup served in a famous restaurant is excellent. Maybe the shells clarify the soup. Remember when good cooks put egg shells in the pot of brewing coffee?

- 1 lb. beef chuck
- 1 tomato, cut in half
- 2 stalks celery
- 1/4 medium onion, peeled and cut in half again
- 2 egg shells
- 1/2 tablespoon tomato paste
- 6 medium zucchini
- 1/2 cup vegetable oil
- 1/2 cup long grain rice
- 1 carrot, scraped and cut julienne
- Grated Parmesann cheese

In a half-gallon soup pot place meat, tomato, celery, onion, salt, pepper and egg shells. Add water to within 2 inches of the top of the pot. Cook over medium heat about 1½ hours, or until meat is tender. Remove meat, cut into small pieces and reserve. Remove egg shells and discard. Pour soup through a strainer, mash the vegetable residue through a fine wire strainer into the soup, stirring well. Return soup to pot and add tomato paste, mixing well. Wash and cut zucchinin into disks about 1/4 inch thick, and cut each disk into quarters. In a skillet, heat the oil and saute the zucchini until golden. Remove zucchini and drain on paper toweling. Bring water to a boil, add carrot strips and cook 3 to 5 minutes, or until crisp-tender. Drain and reserve. Bring soup to a boil, add rice and cook until rice is tender but not mushy. Lower heat, Add beef, zucchini, and carrots and simmer 2 to 3 minutes longer. Serve with grated Parmesan cheese. Serves 8.

ZUCCHINI SOUP

Ruth Hamilton

Hail to the zucchini! Since Americans discovered this prolific vegetable there seems no end to zucchini soup recipes. We like this one.

- 4 slices bacon
- 4 medium onions sliced
- 2 tomatoes
- 1 can beef bouillon
- 2½ cans water
- 4-6 large zucchini
- 2 bay leaves
- 1 tablespoon salt
- 1 teaspoon lemon pepper
- 1 teaspoon curry
- parsley, optional
- celery, optional

Cook bacon until crisp, crumble and set aside. Slice onions and saute in a little of the bacon fat. Peel and dice tomatoes. Slice zucchini. Put everything except bacon into soup pot and simmer until vegetables are tender. Put through blender, and add crumbled bacon. Serve hot or cold with a bit of sherry added or sour cream to pass. Serves 6.

Note: Sometimes I toss a few sprigs of parsley and some celery leaves into the soup as it begins to cook.

ZUCCHINI SOUP

Betty Roy

This recipe comes from Jan Galitz of PEO Chapter GK, Littleton, Colorado. She says, "I love to serve this soup as a first course at dinner parties and ask guests to guess what is in it. So far, none have."

- 3 cups chopped zucchini
- 2 slices bacon
- 1 small clove garlic, whole
- 1 small onion, quartered
- 1/2 teaspoon basil
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons fresh parsley
- 2 cups consommé

Do not peel zucchini unless the peeling is very tough. Cut bacon in squares. Cook everything in the consommé 30 minutes or until vegetables are tender. Cool. Blend in blender until smooth. Serve hot or cold. Makes about 4 cupfuls. Freezes well.

One good cook lifts up the taste of dried basil by mixing 1½ tablespoons of freshly minced parsley with it.

CURRIED PARSNIP SOUP

Jane Zaring

We once lived in a house in England where the landlord had thoughtfully planted a winter garden that included a long, long row of parsnips. Three quarters of the family consider that vegetable unspeakable and certainly uneatable, but this soup slipped under their guard. Not only does it have a wonderful flavor, but it is not easy to identify the parsnip taste.

2 medium parsnips, peeled and chopped
1/4 cup butter
1 large onion, chopped
1 clove garlic, crushed
1 tablespoon flour
2 teaspoons curry powder
5 cups hot beef bouillon
1/2 cup whipping cream
1/2 teaspoon salt
pepper

In a heavy pan heat the butter and add parsnips, onion and garlic. Cook over low heat about 10 minutes until onion is transparent, stirring occasionally. Add flour and curry powder and stir until the fat is absorbed. Gradually add hot bouillon. Simmer half an hour or so, until the parsnips are cooked. Pulverise in blender. Return to pan and adjust seasoning with salt and pepper to taste. Add cream and heat but do not boil. Delicious served with croutons fried in butter and oil Serves about 6.

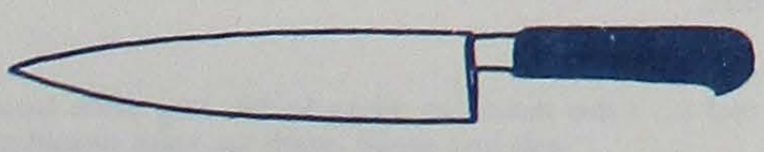
STRACCIATELLA SOUP (OR RAG SOUP)

Gilda C. Hansen

Named thus because the eggs cooked in the soup look like rags.

8 cups chicken broth
4 eggs
6 tablespoons grated Parmesan cheese
salt, pepper to taste
2 tablespoons minced parsley, for garnish

Heat chicken broth to boiling. In a bowl, heat eggs, add cheese, salt and pepper and mix well. Add mixture to boiling broth. Stir for 2 minutes, reduce heat and cook until egg is all cooked. Serve immediately. Serves 6.



BROCCOLI SOUP

Dorothy Shrader

Broccoli in the market, broccoli in the garden - broccoli soup is in season round the calendar.

- 1 bunch fresh broccoli
- 1 potato
- 1 onion
- 1 tablespoon butter
- 2 14¼ oz. cans chicken broth
- 2 cups half and half cream
- season to taste
- sour cream
- freshly ground black pepper or freshly grated nutmeg

Cook and drain broccoli. Cut up and cook potato until barely done. Chop onion and lightly brown in butter. Blend vegetables and chicken broth. Add cream, season and heat but do not boil. Serve with dollops of sour cream sprinkled with black pepper or nutmeg. Serves 6.

CREAM OF BROCCOLI SOUP

Joyce Nichol

This soup can be made early and kept in the refrigerator several days. Do not boil when reheating.

- 2 10 oz. pkgs. frozen chopped broccoli, thawed
- 1/4 cup chopped onion
- 2 cups regular strength chicken broth
- 2 tablespoons butter
- 1 tablespoon flour
- 2 teaspoons salt
- 1/8 teaspoon mace
- 2 cups half and half cream

Combine broccoli, onion and chicken broth in large pan. Bring to a boil and simmer about 10 minutes. Whirl in blender or food processor until smooth. Melt butter and add flour, salt and mace. Slowly stir in cream, add broccoli puree. Cook over medium heat, stirring until soup is heated all the way through. Serve hot. Serves 6.

One good cook uses left-over broccoli stalks, cut thinly in stir-fried Chinese dishes.

CAULIFLOWER CHEESE SOUP

Betsy Lockhart

This soup can be reheated if you do it carefully and do not allow it to come to a boil, a nice consideration for a family of two.

- 4 cups cut-up cauliflower
- 4 cups chicken stock
- 1 teaspoon soy sauce
- 1/2 teaspoon savory
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup evaporated milk
- 1/4 cup Parmesan cheese
- 2 egg yolks
- 3 tablespoons lemon juice

Reserve 1/2 cup flowerets for garnish and cook the rest of the cauliflower in chicken stock with soy sauce, savory, paprika and garlic powder until soft. Puree in blender. Melt butter in large saucepan, add flour and cook 3 minutes. Add evaporated milk gradually and cook, while stirring, until thickened. Add pureed cauliflower and cheese and reheat, not to boiling, to melt cheese. Beat eggs and lemon juice and whisk in 1/2 cup hot soup and return to the rest of the soup. Reheat but do not allow to boil. Garnish with flowerets and more cheese. Serves 6.

POTATO SOUP WITH DILL

Mildred Benson

- 1/2 cup finely chopped onion
- 1½ tablespoon butter or margarine
- 2 large potatoes, peeled and sliced
- 1 13¾ oz. can chicken broth
- 1¼ teaspoon salt
- dash pepper
- 2 cups half and half cream, (or milk)
- 2 teaspoons chopped dill or 1/4 teaspoons dill weed crushed

Saute chopped onion in margarine and add the sliced potatoes and chicken broth. Cover and simmer 30 minutes. Drain and puree onions and potatoes in a food mill or blender. Combine salt, pepper, cream and dill with broth, puree in blender and heat slowly until piping hot. Serves 3-4 generously.

One good cook gets rid of garlic or onion odor on her hands by rubbing lemon juice on them. Rinse and dry.

COUNTRY POTATO SOUP

Neala Benson

3 cups diced raw potatoes
1/2 cup diced celery
1/2 cup diced onion
1 teaspoon salt.
1½ cups water
2 chicken bouillon cubes

Combine vegetables, water, bouillon cubes and salt. Cover and cook until tender (about 20 minutes.) Don't overcook potatoes.

2 cups milk
1/2 cup sour cream
1 teaspoon parsley or chives
2 tablespoons flour

Add 1 cup of milk to the soup. Combine remaining cup of milk with sour cream, parsley, flour, or chives. Gradually stir into soup base and cook over low heat stirring constantly until thickened. Serve hot. Garnish with chopped bacon if desired.

CREAM OF POTATO SOUP

Pod Wilson

3 tablespoons butter
2 tablespoons flour
2 cups milk
4 cups potatoes, peeled and diced
1/2 cup minced scallions
3 cups chicken stock
1 cup sour cream
1/2 cup chopped parsley
salt and pepper

Melt butter, add flour and stir in milk. Add potatoes, scallions, stock, pepper and salt and bring to boil. Reduce heat and simmer 25 minutes or until potatoes are tender. Puree in blender or food processor. Return to kettle, reheat to near boiling. Stir in sour cream and chopped parsley. Season to taste. Serves 6-8.

CHEESE SOUP

Gladys VanDrie

1/2 cup butter
1 cup flour
3 10¾ oz. cans chicken broth
1½ cups cream
1 large jar Cheese Whiz
1 tablespoon Worcestershire
1 can beer

Melt butter, add flour and mix to a smooth paste. Gradually add chicken broth. Add cream and stir very thoroughly. Add Cheese Whiz and Worcestershire. Stir, over heat, very thoroughly. Just before serving, add one can warm beer. Serves 6.

MULLIGATAWNY SOUP

From Soup's On at the Octagon

- 2½-3 lb. broiler-fryer chicken
- 10 cups water
- 1 tablespoon salt
- 2 teaspoons curry powder
- 2 teaspoons lemon juice
- 1.4 teaspoon ground cloves
- 1/4 teaspoon ground mace
- 2 medium onions, chopped
- 4 tablespoons butter
- 4 tablespoons flour
- 2 medium carrots, thinly sliced
- 2 apples, chopped
- 2 green peppers, cut into 1/2 inch pieces
- 4 tomatoes, chopped

Heat cut up chicken, water, salt, curry powder, lemon juice, cloves and mace to boiling in a Dutch oven, reduce heat. Cover and simmer until thickest pieces of chicken are done, about 45 minutes. Remove chicken from broth; skim fat from surface of broth if necessary. Add enough water to broth, if necessary, to make 10 cups. Remove bones and skin from chicken. Cut chicken into bite size pieces.

Cook and stir onion in butter in Dutch oven until tender. Remove from heat; stir in flour. Gradually stir in broth. Add chicken pieces, carrot, apples, green peppers, and tomatoes. Heat to boiling; reduce heat. Cover and simmer until carrots are tender, about 10 minutes. Serves 10-12.

CURRY-LENTIL SOUP

Jo Hicks

- 4 tablespoons butter
- 4 medium onions, chopped
- 4 potatoes, shredded or diced
- 3 tablespoons mild curry powder
- 1 lb. dried lentils
- 8 cups stock, vegetable or chicken
- juice of one lemon
- salt and pepper

In a Dutch oven or soup pot, saute onions in butter until golden. Add potatoes and curry and cook a few minutes. Add remaining ingredients and simmer for one hour or longer. Skim off foam. Serve as is, if you like, or if you prefer a smooth soup, blend until you have the desired appearance. You can thin it with water if you like. Serve with a garnish of sour cream and parsley. Serves 12-16

One good cook seals in flavor of spices such as chili, cayenne or curry by putting them in tightly capped jars and in the refrigerator.

CREAM OF PHEASANT SOUP

John Shierholz

This soup is a great way to serve a wild bird that caught quite a bit of shot so it couldn't be roasted. Other wild fowl can be substituted but pheasant gives the best flavor.

1 pheasant
3 tablespoons butter
1 onion, minced
6 tablespoons flour
5 cups pheasant stock
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground mace
1/4 teaspoon celery salt
3 tablespoons long grain rice
1/2 cup half and half cream
3/4 cup cooked, diced pheasant

Simmer pheasant in water to cover until it will slip off the bones. Melt butter and fry onion until soft. Stir in flour and gradually add stock and bring to a boil. Season to taste with salt, pepper, mace and celery salt. Add rice and simmer 20 minutes, stirring occasionally. When the rice is tender, add pheasant meat and cream and cook gently for 3 to 5 minutes. You may skip the rice and the soup will still be good.

CHICKEN SOUP

Jayne L. Stebbins

The flavor of this soup is better reheated the second day. It's a great tonic for sick friends.

1 large frying chicken
2½ quarts cold water
2 medium onions, quartered
1/2 teaspoon coarse black pepper
1½ teaspoon salt
1/4-1/2 lb. frozen noodles
1 can cream of mushroom soup
1 can cream of chicken soup
1 4 oz. can sliced mushrooms
1 small jar pimento

Bring chicken, water, onions, pepper and salt slowly to a boil. Reduce heat and simmer until tender. Cool quickly. Remove chicken from bones and refrigerate meat. Put broth through colander. Return to pan and bring to a boil. Add frozen noodles and cook five minutes. Add the soups, mushrooms and pimento, stir gently and cook five minutes. Add chicken. Makes 3 to 3½ quarts.

CHICKEN GUMBO SOUP

Joyce Nichol

This hearty soup is a meal with a crisp salad and French bread.

- 1 4-5 lb. stewing hen, cut up
- salt and pepper
- chicken fat or shortening
- 4 tablespoons flour
- 1 bunch green onions, chopped
- 3 quarts hot water
- 1 lb. diced ham
- 1 lb. bulk smoked sausage, browned
- 1/4 bunch parsley, chopped
- 1/2 teaspoon gumb filé, per serving
- Hot, cooked rice

In a large pot, brown chicken in a little chicken fat and some shortening, if needed. Salt and pepper chicken. When lightly browned, remove chicken. Stir flour into fat and cook until nicely browned. Add green onions and hot water. Cook, stirring constantly until slightly thickened. Return chicken to the pot with ham, sausage and parsley. Simmer until chicken is tender. Measure one-half teaspoon gumbo file into each soup plate, add cooked rice and soup. The filé is essential to the flavor. Look for it in gourmet sections of a grocery. I usually take the chicken off the bones if I serve the soup in bowls instead of soup plates. Serves 16.

MINESTRA DI POLIO ALLA VICENTINE (chicken soup)

Giovanna Olson

Chicken soup with a new accent.

- 2 tablespoons butter
- 1 onion, chopped fine
- 1 carrot, chopped fine
- 1 stalk celery, chopped fine
- 1 onion studded with 2 cloves
- 1 lb. chicken meat cut in small pieces
- 1 oz. brandy or vodka
- 1 cup dry, white wine
- 1 quart good chicken stock
- Slice of French bread, toasted

Cook chopped onions, carrot and celery in heated butter. When golden, add clove-studded onion and chicken meat. When the meat is brown on all sides, pour in the brandy. When it has evaporated, add the wine. Cook for 20 minutes, add the chicken stock and bring to boiling point. Remove the onion. Serve the soup with the toasted French bread (called crostini in Italian). Serve 4.

MINESTRONE TOFU

Kathie Oulman

2 qts. chicken broth
1 tablespoon soy sauce
1 tablespoon cumin
1/2 teaspoon rosemary
1/2 teaspoon oregano
1/2 cup elbow macaroni
1 large potato, peeled and diced
2 red bell peppers (chopped) or green peppers
4 large tomatoes, peeled & diced
1/2 cup celery, sliced thin
1 small zucchini, sliced thin

Bring chicken broth to a boil, add above ingredients and simmer 30 minutes. Stir in:

1/2 cup sliced green onion
16 oz. tofu drained and diced
1/2 cup Parmesan cheese

Cover. Simmer 15 minutes or until vegetables are tender when pierced. Sprinkle Parmesan cheese over serving bowl. 8-10 servings.

MINESTRONE

Anita Beal

Very filling. Serve with bread and a tossed salad. You may use a bouquet garni of fresh summer herbs instead of dried savory and basil, and you may substitute any comparable amounts of other vegetables.

1 cup peas
3 cups water
1 qt. beef stock or bouillon
2 medium diced zucchini
1 large onion, minced
1 16 oz. can tomatoes
2 medium potatoes, cubed
1/4 small cabbage, shredded
2 tablespoons minced parsley
1 clove garlic, minced
3 stalks celery, chopped
2 carrots, sliced in rounds
1 teaspoon salt
1/2 teaspoon pepper
1 teaspoon summer savory
1/2 teaspoon basil
1/2 cup spaghetti, broken in pieces

Place all ingredients but spaghetti in kettle. Bring to a boil and simmer, covered, 45 minutes. Add spaghetti and cook 10 minutes more. Serves 8.

MINESTRONE

Soup's On at the Octagon

2 tablespoons oil
1 large onion chopped
1 clove garlic minced
3 stalks celery with leaves, chopped
1 cup diced carrots
1 cup diced raw potatoes
1/2 cup diced zucchini
2 quarts homemade beef stock with meat from soup bones added to stock

Saute vegetables in oil and stir until vegetables glisten. Add vegetables to stock mixture along with:

1 15 oz. can red kidney beans (drained)
1 1 lb. can tomatoes, chopped
1 8 oz. can tomato sauce

Simmer 30 minutes, stirring often

1/2 cup uncooked spaghetti, broken into 1 inch pieces
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 teaspoon chili powder
1/4 teaspoon oregano
1.4 cup fresh parsley, chopped

Add above ingredients and simmer 20 minutes. Serves 8-10.

ZUPPA DI SAN FRANCISCO (San Francisco Soup)

Giovanna Olson

8 oz. ricotta
1 egg, beaten
3 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon nutmeg
4 cups chicken broth
Parmesan cheese

Mix all ingredients, except soup, to form a thick and soft cream. Pour it on a floured tray and chill for 1 hour. With floured hands, form small balls the size of an almond. Roll them lightly in flour, deep fry in hot oil and drain on absorbent paper. When all the balls are ready, divide them among four soup bowls, and fill the bowls with hot chicken broth. Serve immediately. Pass Parmesan cheese. Serves 4.

One good cook revives parsley by cutting stems, putting parsley in a bowl of cold water and letting stand until freshened.

ITALIAN SOUP

Trudy Dirks

A hearty soup that makes a meal with salad, bread and a light dessert.

- 1 lb. lean ground beef
- 1/4 teaspoon pepper
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/4 teaspoon seasoned salt
- 1 envelope onion soup mix
- 3 cups boiling water
- 1 8 oz. can tomato sauce
- 1 tablespoon soy sauce
- 1 cup sliced celery
- 1 cup sliced carrots
- 1 cup macaroni, cooked and drained
- 1/4 cup Parmesan cheese

Crumble raw ground beef in a large pan. Add all seasonings. Stir in water, tomato sauce, soy sauce, celery and carrots. Bring to a boil, cook gently till vegetables are done. Add cooked macaroni and Parmesan cheese. Cover and cook gently 10-15 minutes. Serves 6.

TURKEY CORN SOUP

Kathie Oulman

A happy finale for a cooked turkey.

- 1/2 cup chopped onion
- 1 rib celery with leaves
- 2 cups chicken broth
- 4 cups water
- 5 chicken bouillon cubes
- 2 cups cooked turkey, cubed
- 1 green onion chopped (include green part too).

Cook onion and celery in the chicken broth for 10 minutes. Add water and bouillon cubes. Heat until bouillon cubes are dissolved. Add cubed turkey and green onion. Cook 10 minutes longer.

- 1/4 cup water
- 1 teaspoons cornstarch
- 1 teaspoons sherry
- 1/3 cup water chestnuts sliced
- 1 egg, hard cooked and chopped
- 1 16 oz. can corn niblets

Stir water, cornstarch and sherry together to make a smooth paste. Add to soup and simmer 3 to 5 minutes longer. Add water chestnuts, chopped hard cooked egg and corn niblets. Heat to simmering. Makes 2 quarts.

TURKEY SOUP

Mary-Peale Schofield

Here is an answer to that question of what to do with a turkey carcass.

turkey carcass
1 bay leaf
1/2 teaspoon marjoram
1/2 teaspoon thyme
1/2 teaspoon basil

Break up the carcass, cracking larger bones with a cleaver or hammer. Put bones in a large soup pot with bayleaf, marjoram, thyme and basil and add water to cover them completely. Simmer slowly, covered, 3 or 4 hours. Strain through a fine sieve to remove little slivers of bone and sort out pieces of turkey meat to put back into the broth. At this stage you can refrigerate the meat and broth to make soup another day.

2 tablespoons butter
3 tablespoons flour
1 medium onion, minced
1/2 cup minced celery
salt and pepper
1/4 cup raw rice
1/2 lb. mushrooms. sliced and sauted
3 tablespoons Madiera or sherry

Melt butter in pot large enough to hold broth, blend flour into butter and cook for a moment before stirring in the broth. Bring to boil and add onion, celery, rice, and salt and pepper to taste. Simmer until rice is soft, 25-30 minutes. Add mushrooms. Just before serving stir in Madiera or sherry. Serves 10-12.

HAM-BONE SOUP

Virginia Slater

A "down-south" recipe.

1 ham bone
1 knuckle of veal or 1 beef soup bone
1 can tomatoes (1 lb. 8 oz.)
1 can okra, sliced (or box of frozen okra or 1 quart fresh okra)
1/4 green pepper, chopped
1/2 onion sliced
1 teaspoon salt
3 handfuls rolled oats

Cover all with water. Bring to a boil for 3-5 minutes and then simmer about three hours. Serves about 6.

A SOUP FOR ALL SEASONS

James Schwartz

This soup 'developed' at a lakeside summer cottage. It is popular with lunchers who come to Octagon Soup's On Luncheons.

- 3 links dry Italian sausage
- 1/4 cup vegetable oil
- 2 cups chopped onion
- 1 15 oz. can red kidney beans
- 1 15 oz. can tomato juice
- 1/2-6 oz. can tomato paste
- 3 chopped tomatoes
- 1 medium head cabbage, chopped
- 2 large potatoes, scrubbed and diced
- 1 10 oz. can beef bouillon
- 1/4 cup vinegar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic salt
- 1/2 teaspoon garlic powder
- 5 cups beef broth

Slice or cube sausage in small pieces, add to oil with onion and saute 5 minutes. Add remaining ingredients. Bring to gentle boil and simmer over lowest heat 3 to 5 hours, stirring now and then. Makes 4 to 5 quarts.

HARVEST BISQUE

From Soup's On at the Octagon

- 1 cup chopped green onions (include green tops)
- 1½ cups chopped celery
- 1½ cups chopped onion
- 1/2 cup butter
- 6 large apples, peeled, cored and chopped
- 14 cups chicken stock (preferably homemade)
- 10 cups butternut squash, cut up and peeled
- 4 tablespoons butter
- 4 tablespoons flour
- 2 teaspoons thyme
- 2 teaspoons salt
- 1/2 teaspoon rosemary
- 1/2 teaspoon sage
- dash nutmeg, pepper
- 2 cups cider
- 1 cup light cream
- 2 cups grated Swiss cheese

Cook celery and onion in butter until tender. Add apples and chicken stock. Simmer about 10 minutes. Add squash and cook 15 minutes or until tender. In a small saucepan, melt 4 tablespoons butter, stir in flour and blend in 1 cup of hot soup. Pour this into the soup kettle, blending and simmer with spices about 5 minutes. Add cider and stir in cream. Simmer until heated through. Remove from heat. Add the Swiss cheese and serve. Makes 2 gallons.

SUPER SUPPER SOUP

Betsy Lockhart

Served with bread, rolls or muffins, this soup makes a hearty supper-in-a-bowl.

1 6 oz. can tomato paste
1 clove garlic, minced
1 or 2 onions, chopped
2 stalks celery, chopped
2 carrots, diced
1 potato, diced
1 to 2 teaspoons salt
1/4 bay leaf, crushed
pinch of marjoram, thyme or savory
1 quart soup stock, or
2 cans consomme with equal amount of water
1/4 teaspoon black pepper
1 lb. lean ground beef

In a soup kettle, combine the vegetables with the can of tomato paste, plus 1 to 2 cans of water. Add salt and spices, except pepper. Cover kettle and simmer until vegetables are almost tender, about 10 minutes. Add soup stock or consomme and water and pepper. Pinch the ground beef into bits and add, stirring rapidly. Taste for seasoning and adjust if necessary. Reheat to simmering, serve at once. Serves 3-4 big appetites, 4-5 small ones.

VEGETABLE CREAM SOUP

Ellen Dykema

You can make this soup with asparagus, broccoli or cauliflower. Any one of them makes a delicious hot soup and any one will freeze well.

2 cups chopped onion
2 cups chopped celery
1/4 lb. butter
2 teaspoons Worcestershire sauce
1/2 teaspoon cayenne pepper
10 chicken bouillon cubes
6 beef bouillon cubes
4 cups boiling water
3 quarts milk
2 10 oz. pkgs. frozen chopped vegetables
1/2 lb. butter
2 cups flour

Saute onion and celery in butter. Add seasonings. Dissolve bouillon cubes in boiling water. Add sauted vegetables and cook until tender. Add milk and chopped vegetables and bring to slow boil. Make a roux by blending butter and flour, add it to the soup and simmer until the vegetables are tender. Stir often. (You can use 1-2 lbs. chopped fresh vegetables.) Serves 12.

GARDEN VEGETABLE SOUP

Martha Peterson

This soup is quick--no long simmering because the vegetables should be tender crisp.

- 1 large onion, coarsely chopped
- 1 large clove garlic, mashed
- 2 tablespoons butter or margarine
- 2 cans chicken broth (about 3½ cups)
- 1 16 oz. can tomatoes
- 1½ cups celery, sliced
- 1½ cups carrots, thinly sliced
- 1 small zucchini, thinly sliced
- 1 teaspoon oregano
- 1/4 teaspoon basil
- 1¼ teaspoon salt
- 1/8 teaspoon fresh-ground pepper

Saute onion and garlic in butter until limp but not brown. Add remaining ingredients, bring to boil and simmer until vegetables are "tender crisp". Serve with croutons and grated Parmesan cheese to sprinkle generously on top. Serves 4-6.

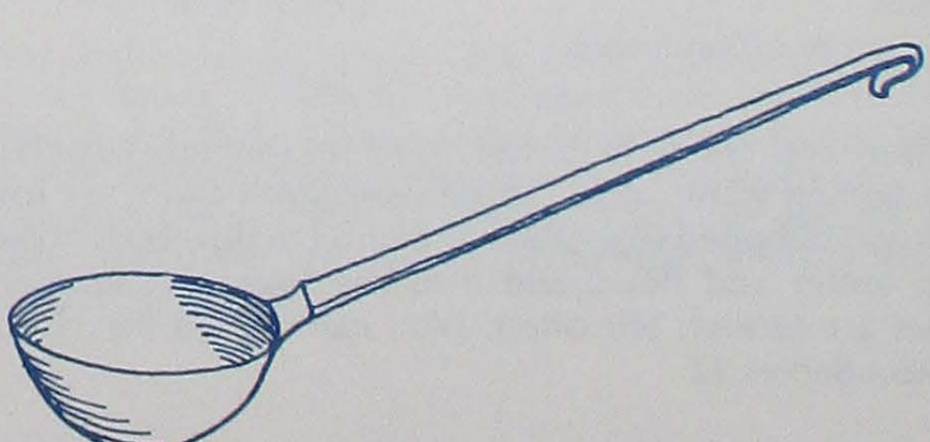
TOMATO-VEGETABLE SOUP

Elaine Ferguson

Don't underestimate the quality of this soup because it's simple to prepare. It's one of our favorites.

- 2 qts. water
- 1 lb. boneless chuck roast
- 1 knuckle bone, cracked
- salt to taste
- 2 6 oz. cans tomato paste
- 2 pkgs. frozen mixed vegetables

Cover meat and bone with water. Add salt. Cook until tender, about 2 hours. Remove meat, strain, returning diced meat to the broth. Add remaining ingredients and cook until the vegetables are tender. Serves 8. Delicious served with a hearty, hot bread.



VEGETABLE SOUP

Sue Cowles

1 lb. ground beef
1 cup onion, chopped fine
1 cup sliced carrots
1 cup diced celery
1 cup cubed raw potato
1 28 oz. can tomatoes
2 teaspoons salt
1 teaspoon Kitchen Bouquet
1/2 teaspoon pepper
1 bay leaf
1/8 teaspoon basil
3 cups water

Sauté the ground beef and chopped onion. Drain off fat and stir in remaining ingredients. Bring to a boil. Cover and simmer 1 hour. You may add chili powder for a change, if you like. Serves 6.

FRIJOLES A LA CHARRA

Twila Young

Different people like different consistencies of this bean soup. It is good any way you like it. I like to eat it with flour tortillas, guacamole and beer. Pinto beans are as much like the ones used in the soup served at the Hotel Principal in Reynosa, Mexico, as I can find.

1 1 lb. bag pinto beans
water
2 tomatoes
2 small onions
2 jalapeno peppers
cilantro or parsley, a handful
salt

About 6 hours before you want to eat them, cover the beans with water, bring to a full boil, turn heat down until water sort of trembles, not really boils, and simmer 2 hours. Add more water if needed to keep it about 2 inches above the top of the beans. Turn off heat, cover the pot and let beans set about 2 hours. About 2 hours before you want to eat the beans, add fresh tomatoes, chopped in large pieces, small onions, thickly sliced and the peppers chopped fairly small. (One pepper if you are timid, a bell pepper if you're a real pansy.) Toss in the cilantro if you can find some, or substitute parsley. Simmer gently 2 hours.

After 1 hour, test the consistency of the beans. If they are not to your liking, keep cooking them until they are. Add salt very quickly, near the end of cooking. Serves 3-4. NOTE: Cilantro is fresh coriander, an annual easy to grow in Iowa gardens but seldom found in Iowa market.

VEGETABLE SOUP

Mary Shirley

2 slices onion
1/2 stalk celery
1 tablespoon butter or margarine
1½ tablespoons cream cheese
1 medium potato, diced
1 cup water
1/2 teaspoon soy sauce
1/2 bay leaf, crushed
4 sprigs parsley
1/4 teaspoon basil
salt and pepper to taste
1/2 cup cooked green beans, or other green vegetable

Sauté onion and celery in butter or margarine. Add cream cheese. Cook until softened. Blend in blender 10 seconds. Cook potato in water until soft. Drain, reserving liquid. Blend potato with onion and celery mixture. Add soy sauce, bay leaf, parsley, basil, salt and pepper, green vegetable and pureed mixture to potato liquid. Simmer together until heated through. Serves 2.

CAWL MAMGU - Granny's Broth

Jane Zaring

The Scots and the Irish have their own versions of this traditional country soup. Leeks make it distinctively Welsh. The leek is the national emblem of Wales, worn pinned to your clothes on St. David's Day, March 1. Cawl is the ideal use for left-over lamb bone, and the broth is even better made with 2 lbs. of best end of lamb neck. Start the broth the day before so fat can be skimmed off and flavors blended.

1 good sized leftover lamb bone (leg is best)
4 medium leeks, or 2 large onions
2 medium onions, chopped
3 medium carrots, chopped into cubes
2 parsnips or one small turnip (cut in small cubes)
4 medium potatoes, cubed
1/4 cup pearl barley
salt and pepper
2 tablespoons copped parsley
8 cups cold water

Wash and trim leeks, discard coarsest of the green part. Save half the leeks and the parsley. Put all other ingredients into deep pot and cover with water. Bring to boil, skim if necessary. Simmer about 1½ hours. Remove meat bones, check seasoning. If making this ahead of time, chill and skim excess fat. Reheat, add remaining leeks and parsley. Cook 5 minutes.

STEAK SOUP

Mildred Benson

This hearty soup was a great favorite with our Kansas City supper club.

8 tablespoons butter, divided
1 medium onion
2 lbs. round or flank steak
1 cup flour
2 quarts water
4-5 tablespoons BV Concentrate
salt to taste
1 teaspoon pepper
1 16 oz. can tomatoes
1 10 oz. pkg. frozen mixed vegetables
1 10 oz. pkg. frozen corn
1 cup diced carrots
1 cup chopped celery

Cut steak in small strips. Brown onion and steak in 4 tablespoons butter. In a very large pot melt 4 tablespoons butter, stir in flour and water and cook to make "cream" sauce. Add meat and onions to the sauce with BV Concentrate, salt, pepper and tomatoes. Simmer until meat is tender, about 2 hours. Add frozen vegetables. Parboil carrots and celery 10-15 minutes and drain. Add to soup and simmer until vegetables are tender. Serves 12.

FRENCH ONION SOUP

Soup's On at the Octagon

18 large yellow onions, thinly sliced
6 tablespoons butter
3 tablespoons olive oil
18 cups homemade beef stock
1 cup dry red wine
salt and pepper to taste

Saute onions in butter and oil until limp. Add stock and wine and simmer slowly 15 minutes.

For croutons, use a loaf of French bread sliced thin and toasted. At serving time sprinkle Parmesan cheese on a crouton and slide into soup. Serves 18-20.

One good cook keeps tomato paste from mildewing by freezing left-over paste by heaping tablespoons on cookie sheet and storing them in a plastic bag.

CREAM OF ONION SOUP

Suzan Shierholz

1/4 cup butter
3 cups finely chopped onion
2 stalks celery, finely chopped
3¾ cups chicken stock
1 blade mace (or generous pinch of ground mace)
1 bay leaf
salt and pepper
1/4 cup flour
2/3 cup milk
2/3 cup cream, light or heavy

Melt the butter in a pan and fry the onion and celery for 5 minutes without browning. Add the stock, mace, bay leaf, salt and pepper to the onions and celery. Bring to a boil, cover and simmer 45 minutes. Remove bay leaf and mace. If a smooth soup is preferred the soup may be sieved or liquified in a blender. Blend the flour into the milk and whisk gradually into the soup. Return to a boil, stirring constantly, simmer 5 minutes. Adjust seasoning. Just before serving add light or heavy cream and reheat. Garnish with chopped fresh herbs, fried croutons or crumbled bacon. Serves 4.

RUSSIAN BORSCHT

Mildred Benson

3 cups water
1 cup thinly sliced onion
2 cups shredded cabbage
1 1 lb. can tomatoes
1/4 cup lemon juice
3 tablespoon beef bouillon crystals
1/4 teaspoon garlic powder
1 bay leaf
1/4 teaspoon each Accent, sweet basil and paprika
1/2 teaspoon lemon pepper
1 tablespoon parsley

Combine all these ingredients and bring to a boil. Simmer 2 hours. Add:

1 1 lb. can shredded beets with juice
1/4 cup butter

Simmer 30 minutes and serve with dollops of sour cream. Serves 6.

EGG AND LEMON SOUP

Pamela Russell

The Greeks have a name for it - Avgolemono.

8 cups rich chicken broth
1/2 to 3/4 cup rice
3 eggs
juice or two small lemons

Bring chicken broth to a boil and add rice. Simmer 15 minutes. Meanwhile beat 3 eggs until frothy. Slowly add the lemon juice to the eggs, beating constantly. Remove the broth from the heat and beat in the egg mixture. Season to taste with salt and pepper and serve immediately. Serves 6.

TOMATO ORANGE CONSOMME

Kathie Oulman

The egg white and shells clarify the soup.

1 large onion sliced
1 cup celery
1 carrot
2 10½ oz. cans beef broth
1 16 oz. can tomatoes, sliced
1/2 teaspoon celery salt
pinch cayenne pepper
1 egg white and shell
2 cups orange juice

Peel onion and cut in thin slices. Cut celery and carrot in thin slice. Beat the egg white slightly and add, with the shell, to broth, tomatoes, vegetables and seasonings. Simmer 30 minutes, covered. Strain, stir in orange juice and heat just to simmering. Garnish with orange slices. Serves 6.

SQUASH SOUP

Gourmet Luncheon Group No. 2, Faculty Women's Club

4 slices bacon, diced
1/4 cup onion, chopped
1 clove garlic, crushed
2½ cups water
1 lb oz. can tomatoes
1 small butternut squash, diced
1/4 cup parsley
2½ tablespoons liquid beef-vegetable flavoring
1 bay leaf
1/4 teaspoon basil
1/8 teaspoon thyme
3 tablespoons sherry

Cook bacon, reserving 1 tablespoon fat. Saute onion and garlic. Add water, tomatoes, squash, parsley, b-v liquid, bay leaf, basil and thyme. Cover and simmer 25 minutes. Stir in sherry. Serves 6.

PUMPKIN SOUP

Carol Johnson

This soup can be served chilled, garnished with a thin slice of chilled orange.

- 1 tablespoon butter
- 2 tablespoons finely chopped onion
- 2 cups cooked pumpkin
- 2½ cups chicken stock
- 2½ cups milk
- 1/2 teaspoon sugar
- 1/2 teaspoon lemon juice
- 2 or 3 drops Tabasco
- 1/2 teaspoon salt
- 1/8 teaspoon ground cloves
- 1/4 cup heavy cream

In a heavy 4 quart saucepan, melt butter. Add onions and cook until transparent, but not brown. Add remaining ingredients, except cream. Stir thoroughly. Bring to a boil, then reduce heat and simmer 15 minutes. Put into blender, coarse blend--do not give too smooth a texture. Stir in cream. Return to stove and heat through, without bringing to a boil. Taste for seasoning. Garnish with croutons and serve hot. Serves 4-6.

VERONIKA'S SPLIT PEA SOUP

Veronika Ruedenberg

This soup is one I serve at Cheese 'N Puppets. As it simmers, it brings back memories of my mother's cooking 40 years ago in Switzerland.

- 1 lb. green split peas
- 2 quarts water
- 2 onions
- 4 potatoes
- 4 carrots
- 1 lb. can small kidney beans
- Knorr Swiss Aromat
- salt
- pepper
- basil leaves

Soak split peas in water over night. Add onions, chopped, potatoes, peeled and diced and carrots, scraped and diced. Simmer several hours until peas and vegetables are tender. Add kidney beans and season with Aromat, salt, pepper and a pinch of basil leaves. Makes about 4 quarts. At Cheese 'N Puppets we serve this soup with sandwiches. My mother used to cook a ham bone with the vegetables and pick off bits of ham to stir into the soup. You can reheat leftover soup for another meal.

One good cook purees left-over mushrooms with a little bouillon in blender, freezes them in ice cube trays, and stores them in a plastic bag, ready to add to soup or stews.

LENTIL SOUP

Majorie Switz

1 lb. package dried lentils
1/2 lb. diced bacon
3 tablespoons margarine
2 medium onions, thinly sliced
2 quarts water
1 cup celery, sliced
2½ teaspoons salt
¼ teaspoon pepper
½ teaspoons thyme
2 bay leaves
1 large potato, grated
1 ham bone or some diced ham

Wash lentils 3 or 4 hours before cooking time so you can soak them in cold water (or you may soak them overnight). Saute diced bacon. Drain fat. Set bacon aside. Melt margarine, add sliced onions and diced carrots. Saute until the onions are golden. Return bacon to pan, add drained lentils, the 2 quarts of water, sliced celery, salt, pepper, thyme, bayleaf, and grated potato. Add ham bone or ham. Simmer 3 hours covered. When lentils are tender, remove the bay leaves and ham bone. Cut meat from bone and return meat to soup. Makes 9½ cups.

CHICK PEA SOUP

Gilda C. Hansen

In the good old days when Catholics did not eat meat on Friday, one of the more flavorful soups my mother prepared on that day was chick pea (ceci) soup.

2 tablespoons olive oil
1/2 small onion, chopped
1 small garlic clove, minced
1 can tomato sauce (8 oz.)
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
1/4 teaspoon rosemary, crushed
1 can chick peas (1 lb. 4 oz.)
1 teaspoon parsley, chopped

Heat oil in saucepan, saute onion over medium heat until soft, add garlic, be careful not to brown. Add tomato sauce, salt, pepper and rosemary. Cover pan. Simmer 20 minutes. Add chick peas and parsley. Simmer another 10 minutes. Serves 2 generously.

Cooked this way, this soup makes a luncheon meal in itself with a slice or two of French bread. To make a less thick soup, add 1½ cups of chicken broth. This will serve 3 generously.

BLACK BEAN SOUP

Ann Ross

This recipe makes very garlicy soup. If you are not a garlic lover, you may want to omit some of the garlic, but don't skip the rice garnish.

1 lb. black beans
2 quarts water
2 teaspoons salt
5 cloves garlic, crushed
2 tablespoons white vinegar
1½ teaspoons cumin
1½ teaspoons oregano
1/3 cup olive oil
1 large onion, chopped
1 large green bell pepper, seeded and chopped

Soak beans overnight in water in a 4-quart saucepan. Next day add salt and bring to boil over medium heat. Cover and simmer, stirring occasionally, until beans are soft, about 1½ hours. Combine garlic, vinegar, cumin and oregano and set aside. Heat olive oil in large skillet over medium heat, add onion and pepper and saute until onions are lightly browned. Stir in garlic mixture and saute 1 to 2 minutes. Add to beans and simmer about 1 hour, stirring occasionally.

While soup is simmering, prepare a special rice garnish.

1 cup cooked rice
2 tablespoons minced onion
2 tablespoons white vinegar
1 tablespoon olive oil

Combine rice, onion, vinegar and oil cover and marinate at least 2 or 3 hours at room temperature. Just before serving add a generous tablespoon rice mixture to each bowl of soup. Serves 6-8.

CARROT SOUP(Indian Style)

Mrs. V. Baikerikar

6 cups water
4 good-size carrots, shredded
2 medium size onions, chopped
1 celery stalk, sliced
1 clove garlic, minced
1 tomato, chopped
1 teaspoon flour
salt and pepper to taste

Add carrots, onions, celery, and tomato to boiling water. Bring to a boil and add minced garlic and flour. Simmer for 5 minutes, add salt and pepper and serve hot.

CUCUMBER SOUP

Jim Zalabsky and Dann Perkins

Jim is a well-known Milwaukee cook and vegetable gardener. He often visits Ames to share newly developed recipes with friends.

- 4½-8 cups cut up cucumbers
- 1/2 cup minced shallots or onions
- 3 tablespoons butter
- 6 cups chicken broth
- 1½ teaspoons white or wine vinegar
- 3/4 teaspoon dillweed or tarragon
- 4 tablespoon quick cream of wheat
- salt
- white pepper
- 1/2 cup sour cream or yogurt

Peel cucumbers, cut in 18-24 thin pieces for garnish and refrigerate. Cut remaining cucumbers into 3/4-1 inch pieces. Cook onions in butter until tender in 1-quart saucepan. Add cucumbers, broth, vinegar, dill or tarragon. Bring to boil, gradually stir in cream of wheat and simmer, partially covered 20-30 minutes. Puree, return to saucepan, thin with a little more broth or water if necessary. Season with salt and pepper and bring to simmer. Beat in sour cream or yogurt, cucumber slices and a sprinkling of tarragon or dill weed. Serves 6.

COLD CUCUMBER SOUP. After stirring in sour cream or yogurt, oversalt slightly, cool uncovered, cover and chill. Ladle into cups, adding a spoonful or sour cream of garnishes.

BRODO E POLPETTE (Broth and Meatballs)

Laura Dhooge

- 1 lb. lean hamburger
- 2 eggs
- 1/2 cup bread crumbs
- 3/4 cup grated Parmesan cheese
- salt and pepper to taste
- 8 cups chicken broth
- 1½ cups noodle bows

In a bowl, mix meat, eggs, bread crumbs, Parmesan cheese, salt and pepper to taste. Form mixture into tiny meatballs, about the size of a nickel. Bring chicken broth to boil. Add polpette (meatballs). Cook ten minutes. Add 1½ cup noodle bows (very small bows). Cook until noodles are tender. Serves 6.

GREEN CHILI AND CORN

Mary Baumann

Great to serve with baked quesadillas topped with chopped green onion.

1 7 oz. can diced green chilies
2 12 oz. can whole kernel corn, undrained
24 oz. ham, chopped
2 14½ oz. cans chicken broth
3/4 teaspoon oregano leaves
1/3 cup minced onion

Combine all these ingredients in a 6 quart kettle. Bring to boil. Simmer 3-5 minutes. Makes 6-8 servings.

Optional: Stir 6 oz. Gruyere cheese into the soup just before serving.

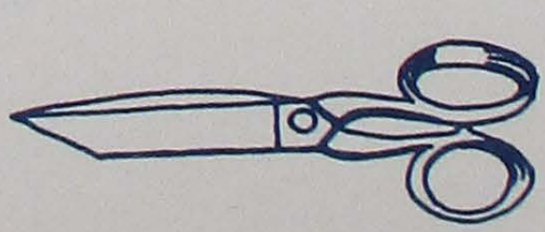
SOPA DE TORTILLA (Tortilla Soup)

Carolyn Jons

Fresh coriander is hard to come by unless you grow it in your own garden, and that is easy.

8 large corn tortillas
oil
1 small onion, chopped
3 green onions, chopped
1/2 cup tomato paste
4 13¼ oz. cans chicken broth
2 chicken bouillon cubes
1 teaspoon fresh coriander (cilantro) (or 1/8 teaspoon dried)
1/2 cup grated cheddar cheese
diced parsley garnish

Cut tortillas into small squares and fry in hot oil until crisp, drain on paper towels. Combine the chopped onions, and tomato sauce and fry in tortilla oil. Add chicken broth and bouillon cubes to the pan. Add coriander. Heat well before serving. Put tortilla chips in cups, pour soup over chips and top with about 1 tablespoon of grated cheese. Serves 10.



BRATWURST CHOWDER

Kathie Oulman

Very German and very filling.

- 4 slices bacon
- 2 medium carrots diagonally cut
- 1 medium onion sliced in thin rings
- 1 16 oz. can sauerkraut, well-drained and rinsed
- 1 cup dry white wine
- 2 tablespoons gin (when re-heating soup add an additional 1 tablespoon)
- 1/8 teaspoon pepper
- 1 cup water
- 16 oz. bratwurst
- 3 medium red cooking apples

In large kettle, brown bacon, carrots and onion. Cook until just tender, approximately 10 minutes. Watch so they do not burn. Stir in sauerkraut, wine, gin, pepper and water. Heat to boiling, reduce heat and simmer 10 minutes. Cut bratwurst in 1 inch pieces and brown. Drain off fat. Core and slice apples. Add bratwurst and apples to chowder and cook until apples are tender. If it seems too thick, add a little water or broth. You may substitute frankfurters cut in 1 inch pieces for the bratwurst.

AUSTRIAN BARLEY SOUP

Mildred Benson

This recipe comes from Frau Richard Strauss's collection. Its goodness depends on a well-flavored consommé.

- 3 tablespoon butter
- 1/2 cup medium barley
- 1 celery stalk, minced
- 1 small onion, minced
- 1 tablespoon flour
- 6 cups hot chicken or beef consommé.
- salt and pepper to taste
- 1/2 to 1 cup fresh mushrooms, thinly sliced
- 2 tablespoons butter
- 1/2 cup heavy cream

Heat butter in a deep saucepan, add barley, celery, and onion and cook about four minutes, stirring constantly. Stir in flour and hot consommé. Season with salt and pepper to taste and simmer, covered, over very low heat until barley is tender, about 30-45 minutes. While the barley is simmering, sauté thinly sliced mushrooms in butter. Add to the soup with the cream and heat thoroughly but do not allow it to boil. Serves 6. This soup is very rich. I usually let it get cold, skim off some of the fat which I use to sauté the mushrooms. You can make the soup up to the point of adding the cream and refrigerate it until serving time.

HOT AND SPICY SOUP (Chinese)

Carole Hsu

2 oz. pork tenderloin
1 teaspoon soy sauce
1 teaspoon cornstarch
1/2 teaspoon sesame oil
3/4 cup dry wood black ear (fungus)
1 tofu (bean curd)
1 bamboo shoot (cooked)
2 teaspoons sesame oil
6 cups water
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon ac'cent
2 tablespoons vinegar
1 teaspoon chopped ginger
1 teaspoon black pepper
1 egg, beaten

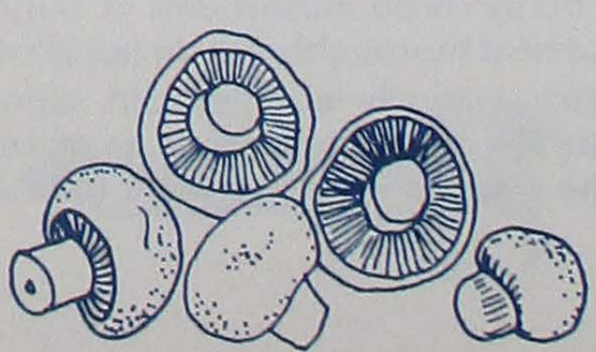
Cut pork in strips about 1½-2 inches and marinate in mixture of soy sauce, cornstarch and sesame oil for 15 minutes. Soak dry wood black ear in warm water about 15 minutes, discard stems, cut in strings. Cut tofu and bamboo shoot in strips. Heat oil in frying pan, add pork strips and stir about ½ minute, until pork turns pink. Boil 6 cups of water, add tofu, dry wood black ear, and bamboo shoot. Add salt, sugar, ac'cent, vinegar, chopped ginger, and black pepper. Cook about 5 minutes. Add pork strips and beaten egg. Mix cornstarch and water and add the mixture to boiling soup. Cook at low heat about 2 minutes, stirring occasionally. Just before serving, add chopped green onion and sesame oil Serves 6.

MUSHROOM SOUP

Mary McAuliffe by way of Ruth Hamilton

1/2 lb. or more fresh mushrooms
2 tablespoons butter or margerine
2 tablespoons flour
1 cup milk
4 cups highly seasoned chicken broth

Saute mushroom caps and set aside. Chop stems very fine and simmer with chicken broth. Make a white sauce with butter, flour and milk and add it to the chicken broth. Toss in the mushroom caps and a bit of ginger and or parsley. Serve hot. Serves 4-6



WON TON SOUP

Mildred Benson

May Chen and her husband, Jim, and two other Taiwanses graduate students prepared this delicious soup for me in my own kitchen.

1 lb. ground pork
5 pieces ginger root
3 green onions
1 teaspoon salt
1 tablespoon soy sauce

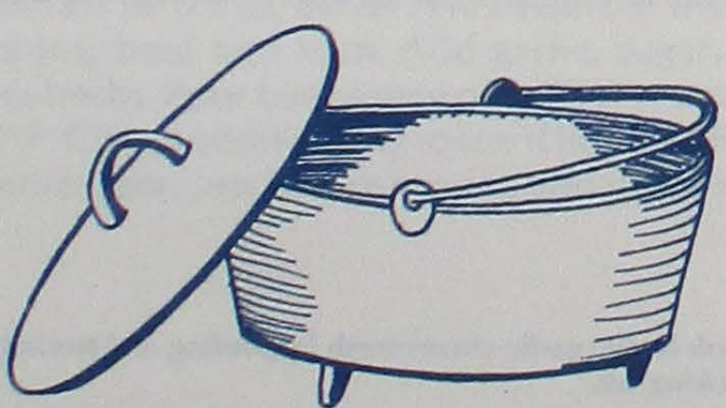
Slice ginger root and chop in very tiny pieces. Chop onion in very small pieces. Mix well with salt, soy sauce and pork.

1 egg, beaten
1 tablespoon water
1 teaspoon cornstarch
1 pkg, (50) Won Ton skins.

Combine egg, water and corn starch and add to pork mixture. When you are ready to stuff the skins, dip your fingers in a small bowl of water and wet the edges of each skin. Place a small spoonful of the pork mixture in the center of each skin. Fold across the center, to make a triangle. Fold the two sides inward toward the center, sealing edges as you fold. Fold two points together and twist slightly. At this point Won Tons can be refrigerated or frozen until time to cook them.

Half fill a very large pot with well salted water and bring to a boil. Drop in 8 to 10 Won Tons and when the water returns to a boil, add one-half cup cold water. Repeat two more times. The cold water slows the cooking process and insures the complete cooking of the pork. Repeat this process with each group of Won Tons.

If you would like to serve Chinese cabbage with the soup, wash and slice one head of the cabbage and cook a few minutes in the salted water before you cook the Won Tons. The cabbage water tastes like chicken broth and you serve it as soup with the Won Tons. Count on 12 to 15 Won Tons per serving for a full dinner of 4.



SPICY SAUSAGE AND LENTIL STEW

Alice Murray

1 lb. lentils
5 cups water
1 small bay leaf
1 teaspoon salt
⅛ teaspoon each: garlic salt, dry mustard, cinnamon, cloves, ginger, nutmeg, dried savory, dried thyme
8 oz. Polish or German sausages cut ½ inch thick
2 medium onions cut in wedges
2 cups tomato juice
1 15 oz. can tomato sauce (may use all tomato juice)
3 tablespoons molasses
2 tablespoons bottled barbecue sauce

In Dutch oven combine lentils, water and seasonings. Bring to boiling, reduce heat and simmer, covered, 35 minutes. In skillet cook sausage and onions till meat is lightly browned. Add to stew with remaining ingredients. Simmer, covered, 15 minutes. 8-10 servings.

HERB BAG FOR BEEF STEW

La Verna Brindley

My favorite fisherman took these little herb bags along when he and his friends went on fishing trips. They expected him to make his stew with a flavor-to-remember and the herb bag did it.

2 bay leaves
1 garlic clove
2 teaspoons Accent
1 teaspoon brown sugar
1/2 teaspoon summer savory
1/2 teaspoon thyme
1/2 teaspopn marjoram
5 whole allspice
5 whole peppercorns

Mix all ingredients and tie in cheesecloth bag for a stew serving 10 or 12 hungry fishermen. Make smaller bags for stew for a smaller group. Let the bag simmer along with the stew at least half of the cooking time.

One good cook keeps garlic cloves fresh by peeling and storing them in a jar of cooking oil.

SEVEN HOUR STEW

Laurina Hovde

For dinner on the day you have too many things to do.

- 3 lbs. stew meat
- 1 12 oz. can beer
- 6 large carrots, chopped in chunks
- 3 large onions, chopped in chunks
- 1 15 oz. can stewed tomatoes
- 1 1 lb. can green beans
- ½ teaspoon poultry seasoning
- 4 tablespoons instant tapioca
- 1 tablespoon brown sugar
- ½ cup bread crumbs
- 2 bay leaves
- ½ teaspoon pepper
- 1 teaspoon salt
- 3 beef bouillon cubes

Marinate stew meat and beer in large kettle for 10 minutes. Mix remaining ingredients together and bake 250°F for 7 hours in covered Dutch oven. 1 hour before stew is done, add potatoes if desired. Serves 6.

TASTY BEEF STEW

Helen Ulmer

"Invariably accompanied with plain boiled potatoes, cream of endive soup, asparagus with egg yolks, rye bread, fruit and cheese," Providence Evening Bulletin.

- 2½ lbs. beef stew meat
- salt and pepper to taste
- 1/2 lb. butter, divided
- 1/3 lb. cubed ham
- 2 tablespoons flour
- 1 can or bottle beer
- 1/4 lb. butter
- 1 lb. thinly sliced onions
- 1 clove garlic minced
- 2 teaspoons sugar
- 1/2 teaspoon fines herbs
- 1 teaspoon vinegar
- salt and pepper to taste

Cut beef into pieces for stewing and season with salt and pepper and brown on all sides. Butter. Add cubed ham; brown. Remove meats from pan and pour out part of melted butter, leaving 2 tablespoons in pan. Stir in flour. Gradually add beer, stirring continuously. In a separate pan, brown the onions in 1/4 lb. butter. Fill casserole with alternate layers of browned onions, beef and ham. Add garlic, sugar, salt and pepper to taste and fines herbs. Pour beer sauce over. Cover casserole. Bake 2½ to 3 hours at 300° F. Check occasionally to see if liquid still covers meat. If not, add a little more beer. Just before serving add vinegar. Yield 6-8 servings.

FOUR HOUR STEW

Jean Sargent

A delicious dinner that cooks while you play.

2 lbs. beef or lamb stew meat (cubed)
1 onion, diced
3 potatoes, cut up
1½ cups tomato juice
3 carrots, cut up
1 tablespoon salt
3 tablespoons minute tapioca
1 tablespoon sugar

Do NOT brown meat. Put all ingredients in a casserole. Cover with a tight lid or foil. Bake at 250° four hours. Serves 8.

LAZY JANE'S WEEKEND BEEF STEW

Helen Ulmer

This delicious stew is especially easy to make since the beef need not be browned before baking. My Rhode Island sister-in-law sent the recipe with these instructions: "I have found that this amount of liquid usually is sufficient. If more is used, the beef boils rather than browns and it will be tough. Sometimes, however, I have added a small amount of wine near the end of the cooking time."

1 lb. beef chuck, or stewing beef cut in 2 inch chunks
1/2 cup burgundy, claret or other red dinner wine
1 10½ oz. can condensed consommé, undiluted
3/4 teaspoon salt
1/8 teaspoon pepper
thyme, a pinch
1 medium onion, sliced
1/4 cup fine dry bread crumbs
1/4 cup sifted all-purpose flour

Combine beef, wine, consommé, salt, pepper thyme and onion in casserole. Mix bread crumbs and flour. Stir into casserole. Cover. Bake in slow oven 300°F about 3½ hours or until beef is tender. Serves 4-6.

One good cook refrigerates fresh ginger in a jar covered with sherry to keep it from drying or spoiling. Adds to the flavor, too.

BOB'S CHILI

Robert Schofield

I have made this chili for 22 years for our annual graduate student party. It is more than enough for 30 people but it freezes well. Takes about 5 hours to make.

15 lbs. hamburger
15 20 oz. cans kidney beans
15 lb. 12 oz. cans tomatoes
1 4 oz., plus 1-1½ oz. can chili powder

Brown hamburger in two large pots. Add tomatoes. Don't panic if after 3 cans the pots are full - keep adding as they boil down (they really will!) till all are in. Simmer hard enough to reduce liquid but not spatter the floor. When tomatoes are all in, start adding beans in the same way, but just before starting to add beans, add 1 tablespoon chili powder to each pot. From then on, add 1 tablespoon chili powder to each pot each time you add beans as the liquid reduces. The idea is to cook the chili powder into the chili so you get a slow burn rather than a sharp bite.

4 medium onions diced or chopped
1/2 lb. sharp cheddar cheese, cut up
Red wine

When beans are all in add onions. When chili reaches the consistency of thick stew add 1 cup of red wine to each pot. Continue adding wine each time it gets too thick. There is some scorching at the bottom which adds to the barbecue flavor. Keep adding chili powder to taste. Just before serving, stir in cheese and allow to melt. The final consistency is thick with no runny quality. We eat it with forks.

INSTANT CRAB BISQUE

Bette Rieke

"So simple and delicious"

2 6 oz. cans crab meat
2 10¾ oz. cans chicken gumbo soup
1 10¾ oz. can cream of chicken soup
1 cup half and half cream
1/4 teaspoon Worcestershire
1/2 tablespoon curry powder
3 oz. dry sherry

Combine all above ingredients and heat to serving temperature. Serves 4-6.

GREEN BEAN STEW

Anita Beal

- 4 cups green beans, halved
- 1 onion, chopped
- 4 small potatoes, quartered
- 1/4 teaspoon salt
- Pinch of red pepper
- 1 teaspoon sugar
- 1 teaspoon cumin
- 6 tomatoes, pureed or 2 cups tomato sauce

Combine all ingredients. Cook 30-40 minutes until all vegetables are tender. Serves 4 as a main dish.

BEET SOUP (Indian Style)

Mrs. B. Baikerikar

- 3 4 cooked beets, cut in chunks
- 3 cups water
- 1 teaspoon butter
- 1 teaspoon cumin seeds
- 1 teaspoon flour
- 1 medium onion, chopped
- 1-2 celery stalks, chopped
- 1 teaspoon sugar
- salt and pepper to taste
- juice of 1/2 lime

Put beets in the water. Heat butter in a large pan, add cumin seed, flour and onion, saute until onion is translucent. Add to beets with water and celery. Cook until celery is tender. Add sugar, salt and pepper. Simmer 5 minutes. Add lime juice. Serves 6.

CORN CHOWDER

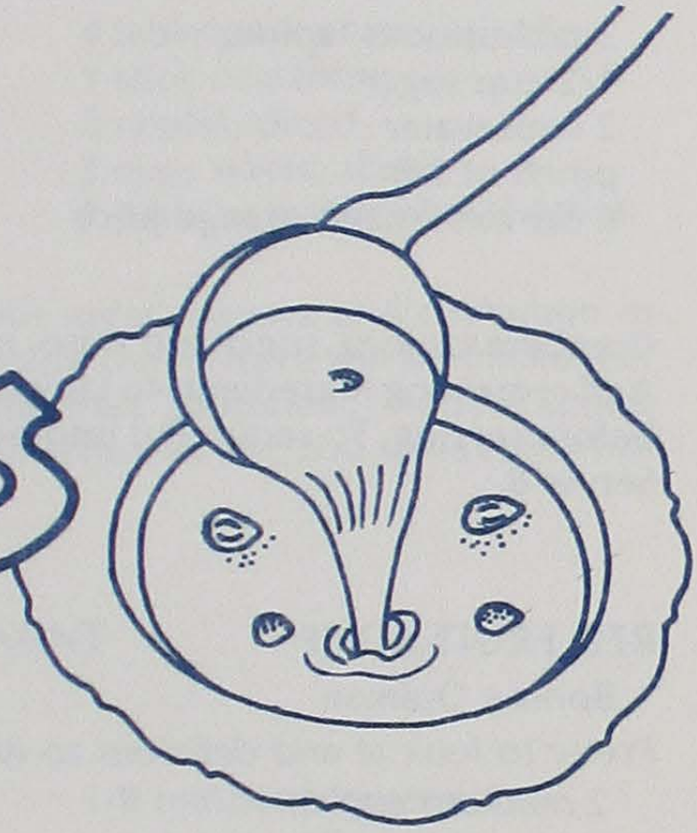
Alice Murray

- 1 1 lb. can cream style corn
- 1/3 cup chopped onion
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 (5 oz.) can of chicken * (or left over chicken)
- 1/2 cup chopped fresh parsley
- 1/3 cup margarine or butter
- 3 tablespoons wheat flour
- 2 cups milk
- 2 cups chicken broth

Place corn, onion, salt, sugar, chicken and parsley in food processor and process until creamy. Melt butter in large sauce pan. Add flour and blend well. Pour in milk and chicken broth, stirring to mix well. Bring to boil and add corn mixture. Cook over low heat for 15 minutes. Serve with rounds of whole wheat bread.

*You may substitute ham and some ham broth. This is usually available after roasting a ham. In that case you may use all milk and omit the chicken broth. Serves 4-6.

Cold Soups



FRUIT SOUP

Merry Lynn Roelofs

Try this for brunch on a hot summer day.

- 3 tablespoons tapioca
- 1/2 cup sugar
- 2 cups water
- pinch of salt
- 6 oz. can frozen orange juice
- 10 oz. pkg. frozen strawberries
- 1 29 oz. can sliced peaches
- 3 bananas (thinly sliced)
- 1 or 2 cans mandarin oranges, drained

Combine tapioca, sugar and water in pan. Cook, stirring 6 to 8 minutes. Add remaining ingredients to tapioca mixture. Refrigerate several hours before serving. To serve: Put into a dish with a scoop of sherbet on top. Serves 8.

RED FRUIT SOUP

Bonnie Oulman

Pretty to look at and delicious to eat.

- 2 medium apples
- 1 cup white raisins
- 1 cup apple juice
- 1/2 cup orange juice
- 2 tablespoons sugar
- 1 whole clove
- dash of cinnamon

Peel and core apples and cut in 1/2 inch cubes. Combine with other ingredience and simmer 10-15 minutes or until apples are tender.

- 3/4 cup maraschino juice
- 1½ tablespoons quick tapioca
- 1/2 tablespoon lemon juice

Add to fruit mixture and simmer 10-12 minutes.

- 14 soft prunes
- 8 oz. jar maraschino cherries
- 8¾ oz. can chunk pineapple
- 3/4 cup canned whole cranberry sauce
- 1/4 teaspoon aromatic bitters

Pit prunes and cut in half. Drain juice from maraschino cherries. Add, with pineapple and juice, cranberries and bitters to fruit mixture and bring to boiling and simmer 3-5 minutes. Serve hot or cold, each serving garnished with orange slices or sour cream. Serves 5-6.

SCANDINAVIAN FRUIT SOUP

Marilyn Johnson

Serve this hot or cold.

1/2 lb. prunes
1 cup raisins
1 orange, sliced - not peeled
1/4 lb. dried apricots
1 lemon, sliced - not peeled
1 cup sugar
4 tablespoons tapioca
1 stick cinnamon
3 apples, diced
3 cups water, about
1 4 oz. jar maraschino cherries

Soak the fruits overnight along with sugar, tapioca and cinnamon in enough water to cover. In the morning the mixture will be thickened. Add water—3 cups or so, to achieve desired "soupiness." Add the apples and cook until the fruit is soft. Add the cherries last, and serve either hot or cold. Serves 6.

CHILLED LEMON SOUP WITH MINT

Mildred Benson

Delightful before any summer meal.

4 cups chicken stock
2 tablespoons tapioca
3 eggs yolks
3 tablespoons lemon juice
1 tablespoons grated lemon rind
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1 cup heavy cream
1/2 cup-1 cup light cream
freshly cut mint

In a heavy 2 quart saucepan, bring chicken stock to a boil. Sprinkle in tapioca and cook rapidly 2 to 3 minutes. Reduce heat and simmer, partly covered, 5 minutes. In a small bowl, using a wire whisk, beat together egg yolks, lemon juice, rind, salt and cayenne. Add both creams. Very slowly, add simmering stock to the cream mixture. Place over moderate heat, stir until mixture thickens enought to coat a wooden spoon. Pour into a cold bowl, cover with plastic wrap, cool to room temperature. Chill. Garnish with mint. Serves 4-6.

JUNE BRIDAL SHOWER STRAWBERRY SOUP

Maridee Hegstrom

6 large (20 oz.) pkgs. frozen strawberries
4 cups sour cream
8 cups water
4 cups claret or tokay wine

Blend strawberries and sour cream in blender. Pour into a large crock or stainless steel container. Add water and wine and let mellow overnight. Serves 20 and can be divided for small portions.

APRICOT SOUP

Gourmet luncheon group No. 2, Faculty Women's Club

1 lb. dried apricots
1/2 cup dry white wine
lemon juice to taste
1 cup heavy cream
sour cream

Soak apricots 1 hour in warm water to cover. Whisk apricots in blender with soaking water until pureed. Strain and add wine. Add lemon juice to taste and stir in cream. Chill. Serve with garnish of sour cream. Serves 6.

CHERRY SOUP

Gourmet luncheon group No. 2, Faculty Women's Club

3 lbs. sweet bing cherries
1 inch cinnamon stick (optional)
1½ quarts water
5 tablespoons sugar
2 teaspoons cornstarch, dissolved in 1/4 cup lemon juice and 1/4 cup water
sour cream or mint leaves

Cook cherries in 1½ quarts water with cinnamon stick. Put through colander or food mill to remove seeds and skins. Add sugar and cook until well heated. Dissolve cornstarch in lemon juice and water and add. Cook 5 minutes stirring to prevent sticking. Chill well. Garnish each serving with mint leaves or sour cream.

GAZPACHO ANDALOUSE

Mildred Benson

This soup is very nice before a summer supper; whether the meal is hot or cold

- 4 large ripe tomatoes, peeled, seeded
- 1 medium cucumber, peeled, seeded
- 1 large green pepper, seeded
- 2 stalks celery
- 1 medium onion
- 1 clove garlic
- 2 cups tomato juice
- 4 tablespoons olive oil
- 3 tablespoons vinegar
- 1/2 teaspoon monosodium glutamate (opt.)
- dash tobasco sauce
- salt and pepper to taste

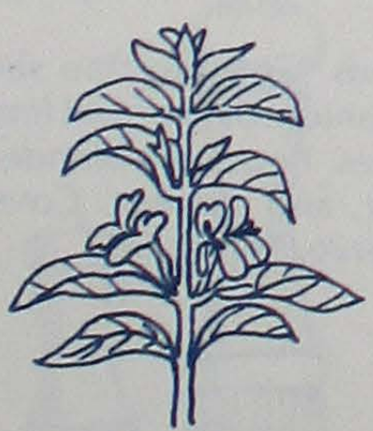
Mince vegetables finely (or use food processor). Stir in all other ingredients. Chill well before serving. Serves 6.

FRESH TOMATO SOUP

Anita Beal

- 8 cups chopped tomatoes (ripe)
- 1/2 cup chopped onions
- 3/4 cup chopped carrots
- 2 cups water
- 4 tablespoons chopped parsley
- 1 teaspoons fresh basil or 1/3 teaspoon dry
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 2 teaspoons lemon juice
- 6 thin tomato slices

Combine all but juice and tomato slices in saucepan. Bring to a rolling boil, reduce heat, simmer covered 45 minutes or until vegetables are very soft. Puree in blender. Add juice. Chill. Serve cold with tomato slices and sprinkle with parsley. Serves 6-8.



Basil

COLD AVOCADO SOUP

Anita Beal

2 tablespoons butter
1 cup chopped leeks
1/2 tablespoon chopped green pepper
1/2 tablespoon chopped red pepper
1½ cup diced potato
curry, a pinch
2 cups chicken broth
1 avocado, very ripe
1 cup half and half cream (or milk)

Cooks leeks, peppers, potato and curry in butter at low heat until soft. Add the chicken broth and simmer 1/2 hour. Cool. Pour into blender and puree. Peel and dice avocado and add to mixture. Blend again 15 seconds. Add cream (or milk) and stir well. Chill before serving. Serves 4.

AVOCADO CREAM SOUP

Elaine Ferguson

This soup reflects Mexican city cuisine. It is good served either cold or hot.

1/2 cup finely chopped onion
1 cup thinly sliced celery
2 tablespoons butter
2 teaspoons salt
2 cups chicken broth
2 cups whipping cream
2 ripe avocados, peeled and mashed

Cook onion and celery in butter until tender. Add salt, broth and cream and bring to boil. Remove from heat and slowly stir in well mashed avocado until blended. Serve at once or chill. Serves 6.

CHILLED ZUCCHINI BISQUE

Jean Peterson

5 medium zucchini (1¼ lbs.)
1/4 cup butter
1 medium onion, chopped
2 cans chicken broth
1/4 cup light cream
1/8 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon nutmeg

Wash zucchini. Trim ends. Cut into thin slices. Heat butter in Dutch oven. Add zucchini and onion. Saute until limp—not brown. Add broth. Cover, simmer 15 minutes. Pour into blender and puree until smooth. Add cream, salt, pepper, and nutmeg. Cover. Chill thoroughly. Pour into chilled mugs and serve. Serves 6.

CUCUMBER VICHYSSOISE

Mildred Benson

This very easy recipe always makes a hit.

1/4 cup sliced onion
2 cups diced peeled cucumbers
1/2 cup finely diced raw potato
2 cups chicken broth
1 cup half and half cream
2 sprigs parsley
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon dry mustard

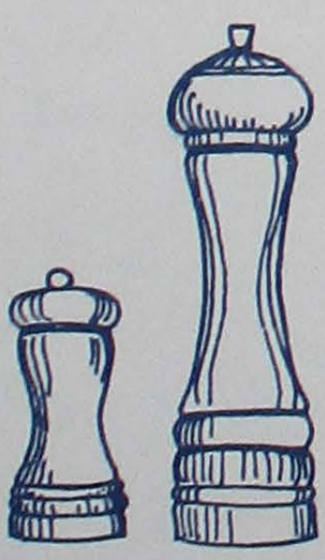
Place all ingredients except cream in sauce pan. Bring to a boil, cover and simmer until potato is barely tender, about 10 minutes. Puree in blender until smooth. Chill thoroughly. Before serving stir in cream. Serve in chilled bowls, sprinkle with paprika. Serves 6.

CUCUMBER AND YOGURT SOUP

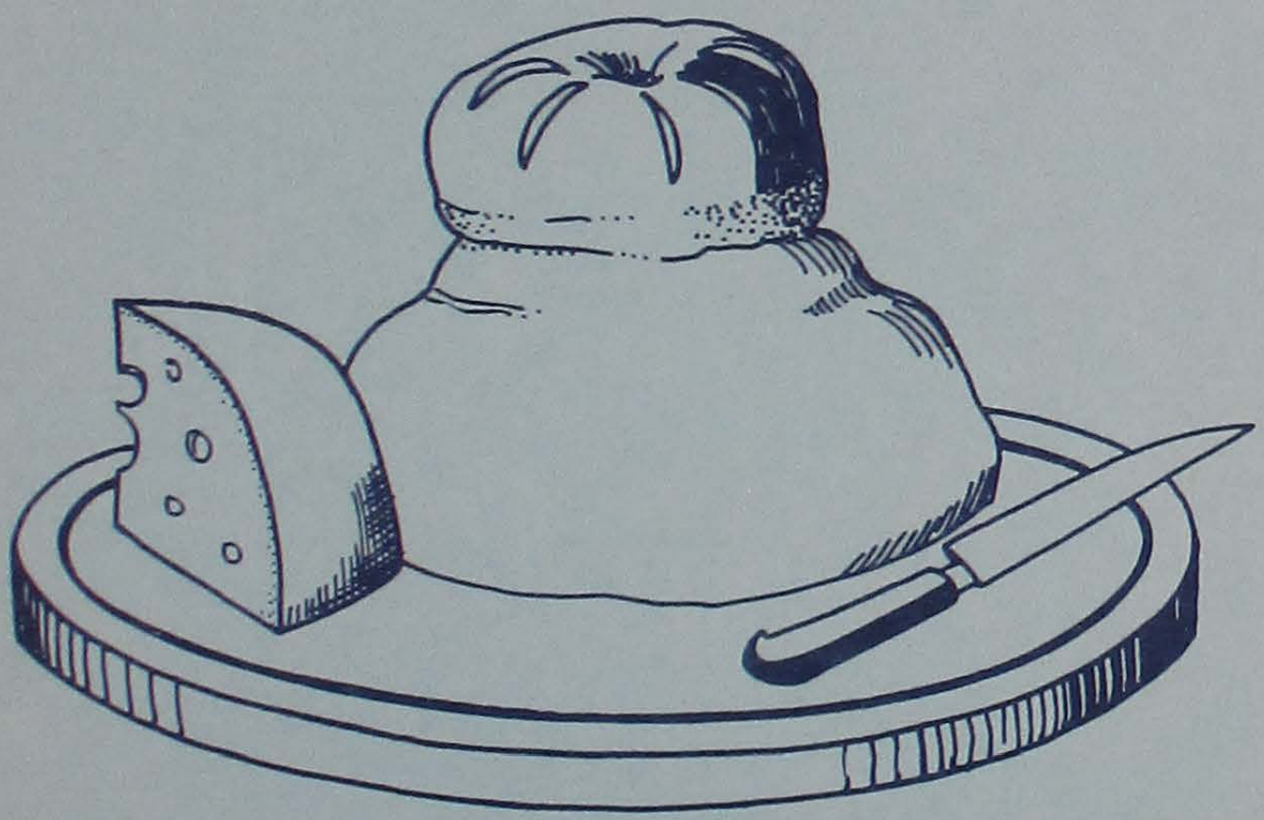
Gourmet luncheon group No. 2, Faculty Women's Club

1 medium cucumber
2 cups plain yogurt
2 cups chilled chicken broth
1 tablespoon olive oil
2 tablespoons finely chopped walnuts
1½ cloves garlic, minced
salt
black pepper
1 tablespoon chives, chopped

Peel, seed and dice cucumbers and sprinkle with salt. Let stand 30 minutes. Beat yogurt, add broth and oil slowly to give a smooth texture. Rinse cucumbers to remove salt. Drain well. Add yogurt mixture to cucumbers, walnuts and garlic. Season to taste with pepper. Serve soup garnished with chives in chilled bowls. 4 servings.



Breads



Quick Breads

PAN COAT

Bess Ferguson

Home bread bakers sing the praises of this home made pan coat to grease bread pans, muffin pans and cake pans. Breads and cakes will slide easily out of the pans with a crisp, nicely browned crust. And a bonus—the pans are easily washed. Do not use on cookie sheets—a waste unless you grease only little patches large enough for a cookie.

1/4 cup flour
1/4 cup cooking oil
1¼ cups vegetable shortening

Stir all together with a slotted spoon until the mixture is as smooth and shiny as cold cream. Store at room temperature, ready to use on a moment's notice. Makes 1¾ cups.

OCTAGON WHOLE WHEAT BREAD

Bess Ferguson

This bread is popular at the Octagon's Soup's On luncheons. Guests like the flavor and they like the little half-round slices. I bake it in 1 lb. tin cans. It freezes well.

1/2 cup cooking oil
1/3 - 1/2 cup honey
1/2 cup brown sugar
1½ cups buttermilk
2 eggs, beaten
1¾ cups whole wheat flour
1¾ cups unbleached flour
2 teaspoons salt
3 teaspoons soda
1 cup cracked wheat or bulghar
3/4 cup wheat germ
1/2 cup toasted sesame seed

Combine oil, honey, sugar and buttermilk in mixing bowl, in this order and you have only one measuring cup to wash. Mix well. Add beaten eggs. (When you finish beating the eggs, beat the buttermilk mixture to break up any lumps of brown sugar.) Sift flours, salt, and soda together and stir in cracked wheat, wheat germ and sesame seeds. Dump flour mixture into buttermilk mixture and mix thoroughly. The batter will be heavy and drop in great globs as you put it in well greased 1 lb. tin cans. (The size peas and green beans come in.) Bake about 30-40 minutes at 350°F. Cool, refrigerate or freeze. Note: See recipe for pan coating at the beginning of this bread section. You may bake this bread in 4 x 8 inch bread pans.

BROWN BREAD

Marcella Parizek

1 cup white flour
2 teaspoons soda
1 teaspoon salt
2/3 cup brown sugar
1 heaping tablespoon shortening
2½ cups buttermilk, divided
1/3 cup molasses
2 eggs, beaten
3 cups whole wheat flour

Sift white flour, soda, salt and brown sugar together. Melt shortening and add with one cup of buttermilk, molasses and eggs and beat thoroughly. Blend in the balance of the buttermilk and the whole wheat flour. Mix well but do not overbeat. Spoon into two medium-sized bread pans and bake 40 minutes at 350° F.

ORANGE-OATMEAL BREAD

Jean Peterson

This bread has a coarse texture, it is chewy and it is not too sweet.

2 cups flour
3/4 cup sugar
4½ teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1½ cups quick oatmeal
1 orange
1 tablespoon sugar
2 eggs, beaten
2 tablespoons melted butter
1 cup water or half orange juice

Sift flour, sugar, baking powder, soda and salt together. Stir in oatmeal. Grate orange rind, remove membranes from orange sections before cutting into small pieces. Add 1 tablespoon sugar and grated rind to orange pieces and stir in beaten eggs, melted butter and liquid. Stir into dry ingredients and mix well. Pour into greased 1½ quart casserole or large bread loaf pan and let rest 10 minutes. Bake 55 minutes at 350°F.

IRISH TEA BREAD

Emelda Kunau

This quick bread, rich with dried fruits, has no salt and no fat in it. Spread slices with cream cheese for a snack or a quick breakfast.

1 cup strong brewed tea
1 cup brown sugar
1 cup seedless raisins
1 cup golden raisins
1/2 cup currants
1 egg, beaten
2 cups sifted flour
1 teaspoon baking powder

Combine tea, sugar and fruits and let stand over night. Sift flour and baking powder together and add, with beaten egg, to tea mixture. Mix well but do not beat. Line bottom of one regular bread pan or two smaller pans with greased waxed paper. Pour in batter and bake about one hour and 30 minutes at 300° F.

TWO CORN BREAD

Gourmet Luncheon Group No. 2, Faculty Women's Club

1 cup all-purpose flour
1 cup yellow corn meal
2 tablespoons sugar
1 tablespoon baking powder
1/4 teaspoon salt
3 eggs
1 cup cream style cottage cheese
1 8 oz. can cream style corn

Sift together flour, cornmeal, sugar, baking powder and salt. Beat eggs and cottage cheese until smooth; stir in corn. Add to dry ingredients; stir until blended. Turn into greased 9 x 9-inch baking pan. Bake at 375°F for 30-35 minutes. Serve warm. 9 servings.

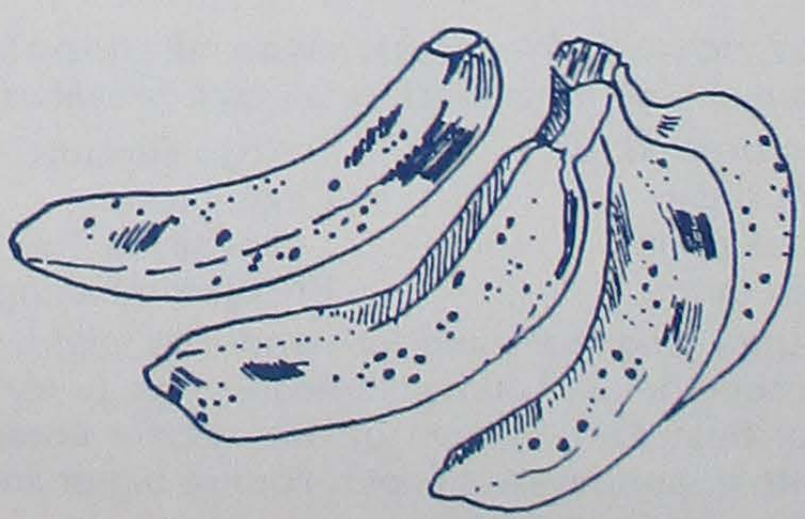
GRAPENUT BREAD

Mildren Benson

This recipe is very old and it is time to bring it back into circulation again. Delicious spread with cream cheese.

1 cup buttermilk
1/2 cup grapenuts
2 cups flour
1 teaspoon baking powder
1/2 teaspoon soda
1 teaspoon salt
3/4 cup sugar
1/2 cup chopped nuts
1 egg beaten
1 tablespoon butter, melted
1 teaspoon vanilla

Pour buttermilk over grapenuts and let stand. Sift flour, baking powder, soda, salt and sugar together and stir in nuts. Add beaten egg to grapenut mixture with butter and vanilla and stir into dry ingredients. This is a rather stiff dough and will drop in globs into a greased 9 x 4-inch loaf pan. Bake at 350° F until tester comes out clean, about 1 hour.



OUR FAVORITE CORNBREAD

Mildred Benson

You can change the flavor of this cornbread a bit by using a different sweetener each time you make it. Honey or sorghum makes a somewhat more moist bread than sugar.

- 1¼ cups yellow cornmeal
- 3/4 cup sifted flour
- 1/4 teaspoon salt
- 4 teaspoons baking powder
- 1 egg
- 1/4 cup honey, sorghum or sugar
- 1 cup milk
- 2 tablespoons corn oil

Sift cornmeal, flour, salt, and baking powder into a bowl. Add egg, honey, sorghum or sugar, milk and oil and beat with a rotary beter until smooth, about 1 minute. Do not overbeat. Pour batter into greased 8 x 8 inch pan and bake 25-30 minutes at 400° F. Don't overbake--test as for cake. Bread should be light brown on top, or you can put it under the broiler for a minute or two, allowing no more than 30 minutes for the whole baking time.

GOLDENA'S MATZOH BALLS

Debbie Gitchell

This is a fool-proof recipe for perfect matzoh balls every time you make them. My family wishes I would make them more than for the Jewish holiday meals. Look for matzoh meal in the specialty section of grocery stores.

- 2 tablespoons rendered chicken fat
- 1/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 grated onion
- 1 tablespoon chopped fresh parsley
- 2 eggs
- 4 tablespoons water
- 2/3 cup matzoh meal

Blend ginger, salt, pepper, onion and parsley with fat. Beat eggs with mixer. Add seasonings, water and matzoh meal. Cover and place in refrigerator for several hours. Remove 1/2 hour before ready to cook. Make into small balls and cook in boiling salted water, covered, 30 minutes. Serve one or two balls in your favorite chicken broth. One dozen plus balls.

CARROT BREAD

Betsy Lockhart

This bread is moist, nutty and yummy.

- 1 cup grated raw carrots
- 1 cup brown sugar
- 1 teaspoon soda
- 1 tablespoon shortening
- 1 cup boiling water
- 2 eggs beaten
- 1½ cups sifted flour
- 1 cup whole wheat flour
- 2½ teaspoons baking powder
- 1 teaspoon salt
- 1 cup chopped walnuts

Combine carrots, sugar, soda, shortening and boiling water. Stir just to mix and set aside to cool. Add beaten eggs. Sift flours, baking powder and salt together and fold into first mixture along with walnuts. Spoon into greased 9 x 4 inch loaf pan, or two smaller pans and let stand five to ten minutes before baking about an hour at 350° F. Remove from pan and cool on wire rack. This bread slices better if it is allowed to stand, wrapped in foil or plastic wrap, overnight in refrigerator.

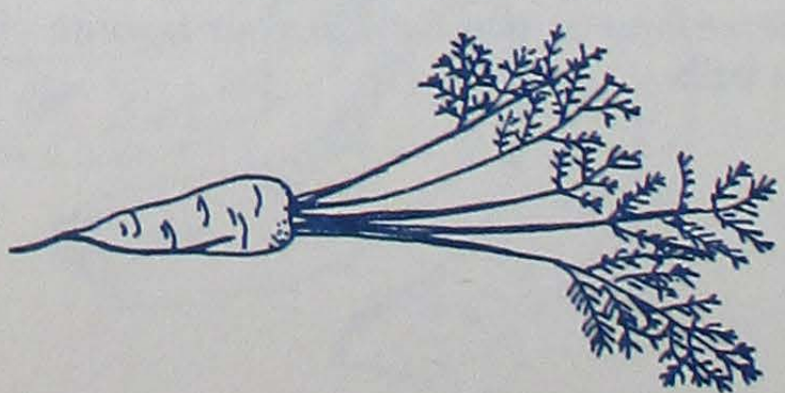
CARROT CORNBREAD

Mildred Benson

This was my mother's recipe. It is very moist (no flour) and quite delicious.

- 1 cup yellow cornmeal
- 1 cup grated carrots
- 2 tablespoons vegetable oil
- 1 tablespoon honey
- 3/4 cup boiling water
- 2 eggs, separated
- 2 tablespoons cold water

Mix cornmeal, carrots, oil and honey and add boiling water. Beat egg yolks slightly and add cold water. Add to the cornmeal-carrot mixture. Beat egg whites until stiff but not dry. Fold into batter. Pour into warm, oiled 8 x 8 inch pan. Bake at 400° F for 25 minutes or until straw comes out clean.



PUMPKIN BREAD

Mary Elizabeth Hausrath

This bread stays moist and keeps well in a covered container.

1½ cups sugar
1 teaspoon soda
1/4 teaspoon baking powder
3/4 teaspoon salt
1/2 teaspoon cloves
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon allspice
1-2/3 cups flour
1/2 cup salad oil
1/3 cup water
1 cup pumpkin
2 eggs, beaten
1/2 cup chopped nuts
1 cup chopped dates

Sift the dry ingredients together. Combine oil, water, pumpkin, eggs. Stir the liquid ingredients into the dry. Add nuts and dates. Bake in a large greased loaf pan one hour at 325°.

BAKED DOUGHNUTS

Sue Gromme

These tasty tidbits freeze well and can be reheated in a brown paper bag in 300° F oven.

1/4 cup soft margarine
6 tablespoons sugar
1 egg
1/2 teaspoon vanilla
1¼ cups flour
2 teaspoons baking powder
1/8 teaspoon salt
1/4 teaspoon nutmeg
1/3 cup milk

Topping
1/2 cup butter
1/2 - 2/3 cup sugar
1 - 1½ teaspoons cinnamon

Cream margarine, sugar, egg and vanilla until light and fluffy. Sift flour, baking powder, salt and nutmeg and blend into sugar mixture alternately with milk. Spoon into 12 muffin cups or 24 small ones and bake 15 minutes at 375° F. While doughnuts are baking, melt butter in small saucepan and sift sugar and cinnamon into a bowl. When doughnuts are baked, remove immediately from pans and while still hot, roll in melted butter and in sugar mixture. Serve warm.

PORK AND BEAN BREAD

Barbara Thompson

1 cup raisins
1 cup boiling water
3 eggs
1 cup oil
2 cups sugar
1 1 lb. can pork and beans
3 cups flour
1 teaspoon cinnamon
1/2 teaspoon baking powder
1 teaspoon soda
1/2 teaspoon salt
1 cup nuts, broken
1 teaspoon vanilla

Mix raisins with boiling water. Stir, set aside. Beat eggs, oil, sugar, pork and beans until beans are broken. Sift flour, cinnamon, baking powder, soda and salt together and fold into bean mixture. Stir in raisin mixture with nuts and vanilla. Pour into 3 well-greased bread loaf pans and bake 50-60 minutes at 325°F. Makes 3 loaves.

PURI(Indian Bread)

Mrs. V. Baikerikar

1 cup all-purpose flour
1 cup whole wheat flour
2½ teaspoons butter
1/2 teaspoon sugar
1/4 teaspoon salt
warm tap water
2½ cups oil

Combine all these ingredients and make a thick dough with warm tap water, just as you make dough for pizza crust. Shape dough into 1½ inch balls. Dip each ball into flour and roll as you roll pie crust into circles about 3 inches in diameter. Heat oil in a skillet. Deep fry the circles, called "puri," in the oil.

BOHEMIAN COFFEE CAKE

Dee Ketelsen

1 cup shortening
1 cup white sugar
1 cup brown sugar
3 cups flour
2 eggs
1/2 teaspoon salt
1 teaspoon soda
1 cup buttermilk
1 cup dates, chopped

Mix shortening with sugars, flour and salt. Reserve one cup of mixture. Beat eggs, add soda to buttermilk and dates. Combine with flour mixture and mix thoroughly. Pour into 10 x 15-inch pan. Sprinkle the reserved cup of dry ingredients on top. Bake 20 minutes at 400°F.

SCANDINAVIAN KRINGLA

Gretchen Coy

You don't need to be Scandinavian to enjoy these little "breads" with a cup of coffee.

- 1¼ cup sugar
- 3 tablespoons butter
- 1 cup sour cream
- 1/2 cup milk
- 1 teaspoon vanilla
- 1 egg, beaten
- 3½ cups flour
- 1 teaspoon baking powder
- 1 (scant) teaspoon soda

Cream butter and sugar. Combine sour cream, milk, vanilla and beaten egg. Sift flour, baking powder and soda together and add to butter mixture alternately with sour cream mixture to make a soft dough. Chill. Roll dough out on floured board to about 1/2 inch thick and cut into strips about 7 inches long. (Add a little more flour for easy handling if necessary.) Twist each strip into a figure 8 and set on greased baking sheet. Bake about 10 minutes at 450° F or until a light brown. Remove from baking sheet to a cake rack and cool, covered with a towel. Store in a baggie or an airtight container.

WHOLE WHEAT RUSKS

Dorothy Redfield

If you haven't made whole wheat rusks, maybe you should try to discover how good they are.

- 1/2 cup sugar
- 1 cup white flour
- 1 cup whole wheat flour
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1/2 teaspoon cream of tartar
- 1/2 teaspoon salt
- 1/2 cup margarine
- 3/4 cup buttermilk

Sift sugar, flours, soda, baking powder and cream of tartar together. Cut in margarine as you would for pie crust. Stir in buttermilk only until blended. Turn onto a floured board and roll to 1/2 inch thickness. Cut about 30 biscuits and set on greased cookie sheet. Bake about 10 minutes at 400 ° F. Remove from oven and split while warm. Return to oven and bake 5-10 minutes or until edges are toasted.

HUSHPUPPIES

Pod Wilson

You don't have to live in the South and have hungry, howling dogs at your doorstep to enjoy hush puppies with a fish chowder.

1/2 teaspoon salt
1/2 teaspoon baking powder
1 cup corn meal
1/4 teaspoon baking soda
1/2 cup buttermilk
1 egg
1/2 cup onion, finely grated

Sift salt, baking powder and corn meal. Mix soda with buttermilk. Add to dry ingredients. Add beaten egg and mix well. Add onion. Shape into small balls or drop off end of teaspoon into deep fat, 400°F. Fry until golden brown.

MANDELBROT

Bess Ferguson

These twice-baked, sweet and flavorful bread sticks are quick and easy to make, keep indefinitely and are popular at picnics or parties or for bed-time snacks.

3 eggs
1 cup sugar
1 teaspoon vanilla extract
1 teaspoon almond extract
1/2 cup cooking oil
3-4 cups flour
1 teaspoon baking powder
1/4 teaspoon salt
1 cup chopped, skinless almonds

Beat eggs, sugar and extracts until very light and sugar is dissolved. Stir in oil. Sift flour, baking powder and salt together and fold in chopped almonds with flour. The dough will be very soft. Knead it slightly on floured board and divide into 2 parts. Form each part into a long, narrow loaf about 1 inch thick and 3 inches wide. Place on well-greased baking sheet allowing space for dough spreading, and bake 15 minutes at 350°F. While still warm, slice each loaf diagonally into 1-inch slices. Return to baking sheet, cut-side down, and toast about 15 minutes at 350°F or until nicely browned. Cool and store in plastic bags or tin boxes at room temperature. Makes 25-30 sticks. For shorter sticks, make 4 narrow loaves when molding the dough, and bake on 2 baking sheets.

LEMON NUT BREAD

Suzan Shierholz

This is a very moist, slightly crumbly bread that is always a favorite. You can skip the nuts if you like.

1/2 cup shortening
1 cup sugar
2 eggs, slightly beaten
1¼ cups flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup milk
1/2 cup chopped nuts
grated rind of one lemon
1/4 cup sugar
Juice of one lemon

Cream shortening with sugar. Add beaten eggs. Stir in the dry ingredients alternating with the milk. Add chopped nuts and lemon rind. Bake in 9 x 5-inch greased loaf pan at 325°F for one hour. After removing from the oven, pierce the top with a long tined fork. Combine sugar and lemon juice and pour over the surface while the loaf is still hot. Cool in pan and remove. 1 loaf.

EUGENIE'S DATE AND NUT BREAD

Georgene Shank

My mother often served this bread warm, spread with cream cheese. Sometimes she substituted dried apricots for dates or used them half and half.

1 cup chopped dates
1 cup hot water
1/2 cup shortening
1/2 cup sugar
1/2 teaspoon salt
1 teaspoon soda
2 eggs, beaten
2 cups flour
1 cup chopped nuts

Cover dates with hot water and let stand. Cream shortening with sugar, salt and soda. Stir in beaten eggs and date mixture and mix well. Spoon into greased bread pan and bake 50-60 minutes at 350°F.

One good cook bakes nut breads for little round sandwiches in 6-ounce frozen fruit juice cans, well greased. If the cans are made of heavy paper, she throws them away after one using.

CAROL'S CAKE MIX COFFEE CAKE

Trudy Reynolds

My friend's recipe, not the cake, brought a fantastic $4 at a benefit bake sale.

4 eggs
2 large bananas, mashed
1 cup sour cream
1 box yellow cake mix
5 tablespoons butter, melted
1 pkg. coconut-pecan frosting mix
1 cup oatmeal

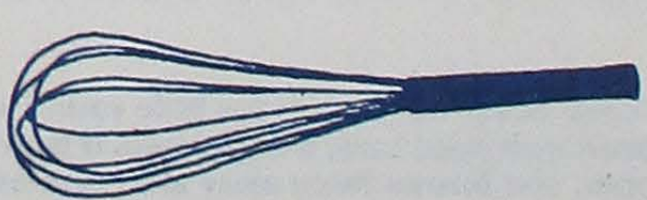
Blend eggs, bananas, sour cream and cake mix. Beat two minutes. Mix butter, frosting mix and oatmeal in small bowl. This is the streusel to be layered with the batter. In a greased and floured bundt pan, place three layers each of batter and streusel, beginning with batter and ending with streusel. Bake 60 minutes at 350°F. Let stand 15 minutes before removing from pan.

DATE NUT BREAD

Helen Davidson

1 cup boiling water
1 teaspoon soda
1 cup chopped dates
2/3 cup sugar
1 egg, beaten
1 tablespoon butter, melted
2 cups flour
1/4 teaspoon salt
1¼ teaspoon baking powder
1/2 cup nuts, chopped
1 teaspoon vanilla

Pour boiling water over the soda and chopped dates. Let stand about 5 minutes. Sift flour, salt and baking powder and add remaining ingredients in order listed. Pour into well greased, standard size bread pan and bake at 350°F until done.



ALMOND TEA BREAD

Bobbi Countryman and Gourmet Luncheon Group No. 2, Faculty Women's Club

1/2 cup butter
1 cup sugar
1 egg, beaten
2 cups flour
1/4 teaspoon baking powder
1/4 teaspoon soda
1/4 teaspoon salt
1/2 cup light cream
1/4 teaspoon almond extract
1/2 cup slivered almonds, toasted

Cream butter and sugar. Add egg. Sift flour with baking powder, soda and salt. Add flour mixture alternately with cream to the creamed mixture. Stir in extract and nuts. Pour into greased loaf pan. Bake at 325°F 60-70 minutes. Cool in pan for a few minutes. Turn out on wire rack to cool.

APRICOT NUT BREAD

Anita Beal

1 cup dried apricots
1 cup sugar
2 tablespoons butter or margarine
1 egg
1/4 cup apricot liquid
1/2 cup orange juice
2 cups flour
2 teaspoons baking powder
1/4 teaspoon soda
1 teaspoon salt
1/2 cup walnuts

Soak apricots in warm water to cover for 30 minutes. Drain, save liquid. Cut apricots into 1/2 inch pieces. Blend sugar, butter and egg. Stir in apricot liquid and orange juice. Sift flour, baking powder, soda and salt together and fold into apricot mixture with walnuts. Pour into well greased bread loaf pan and let stand 20 minutes. Bake 55-60 minutes at 350°F. Cool 10 minutes before removing from pan. Makes 1 large loaf.

CRANBERRY NUT BREAD

Dorcas Speer

We sometimes eat this bread, spread with cream cheese, for breakfast.

- 1½ cups fresh cranberries
- 1¼ cups sugar, divided
- 2½ cups sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon soda
- 1/2 teaspoon ground mace
- 1/3 cup shortening
- 1 egg, beaten
- 1/2 cup milk

Chop cranberries coarsely and combine with 3/4 cup sugar in small bowl. Sift flour with remaining 1/2 cup sugar, baking powder, salt, soda and mace in large bowl. Cut in shortening with pastry blender until mixture is crumbly. Stir egg and milk into cranberry mixture, and add all at once to flour mixture, stirring lightly until evenly moist. Spoon into greased 9 x 5-inch loaf pan. Bake 1 hour at 350°F, or until pick comes out clean. Allow to ripen 24 hours before slicing. Freezes well.

MINIATURE APPLESAUCE NUT BREADS

Judy Jackson

These little loaves make attractive little slices.

- 1¼ cups sifted flour
- 3/4 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 cup oatmeal
- 1/2 cup chopped nuts
- 2 eggs, beaten
- 1/4 cup oil
- 1/4 cup milk
- 1¼ cups canned sweetened applesauce

Sift the dry ingredients together. Stir oatmeal, quick or old fashioned, and nuts into flour mixture. Combine eggs, oil, milk and applesauce and stir into othe mixture until just moistened. Grease and flour six small loaf pans, 4½ x 2½ inches. Fill each 2/3 full and place on baking sheet. Bake at 350°F for 35-40 minutes or until cake tester comes out clean. Cool on wire rack about 10 minutes. Remove from pans. Cool thoroughly. Wrap cooled breads and store one day before slicing.

APPLE MUFFINS

Alice Holmes

1/3 cup sugar
4 tablespoons margarine
1/4 teaspoon vanilla
1 egg
1/2 cups flour
3 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon cinnamon
1 cup chopped apple, with peel
1/2 cup milk

Cream sugar, margarine, vanilla and egg until light and fluffy. Sift flour, baking powder, salt and cinnamon together. Sprinkle two tablespoons of the flour mixture over chopped apple and mix gently to separate pieces of apple. Combine sugar mixture and milk with flour mixture and fold in apple. Spoon into well greased muffin pan and bake 15 to 20 minutes at 400° F. Makes 12 muffins.

CREAM SCONES

Jean Peterson

Serve these little breads warm with honey, jam and tea. Good cold too.

1 cup buttermilk
1 egg
2 tablespoons sugar
3½ cups white flour or unbleached
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup melted butter
1/2 cup currants

Beat together the egg, buttermilk and sugar. Sift the flour with the dry ingredients and add half of the mix to the liquid mixture and stir well. Gradually add the melted butter, mixing well. Then stir in the remaining flour mixture and the currants. Turn the dough out on a lightly floured board and knead for several minutes. Separate into 5 equal parts. Shape each part into a thick circle 3-4 inches across. Cut the circles into quarters with a knife and arrange scones on a buttered cookie sheet. Bake in a pre-heated 400° F oven for 20-25 minutes or until lightly brown. Make 20.

OCTAGON WHOLE WHEAT MUFFINS

Bess Ferguson

When the Octagon sponsored an evening of Mozart, Muffins and Marmalade, Friends of the Octagon provided muffins and marmalade. These muffins were popular with musicians and guests. You can bake the batter in a well-greased 8 or 9-inch pan and cut it in squares.

- 1/4 cup brown sugar or honey
- 1/4 cup salad oil
- 1 cup thick buttermilk
- 1 egg, beaten
- 1 cup whole wheat flour
- 1/2 cup unbleached flour
- 3 teaspoons baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1/2 cup cracked wheat
- 1/2 cup wheat germ
- 1/2 cup chopped nuts, optional

Mix sugar and honey with oil and buttermilk. Stir in beaten egg. Sift flours, baking powder, soda and salt and fold into buttermilk mixture. Batter should be very thick—drop from spoon in great globs. Spoon into greased muffin pan, 2/3 full, and bake about 15 minutes at 425°F. Makes 24 small muffins or 12 regular sized. Serve with orange marmalade.

ICE BOX BRAN MUFFINS

Mildred Hetzel

Best ever!

- 1 cup 100 percent bran
- 1 cup boiling water
- 1½ cups sugar
- 1/2 cup shortening
- 2 eggs
- 2½ cups flour
- 2½ teaspoons soda
- 1/2 teaspoon salt
- 2 cups All Bran
- 2 cups buttermilk

Pour boiling water over bran. Cream sugar, shortening and eggs until light and fluffy. Sift flour, soda and salt together and stir in All Bran. Combine the three mixtures, stirring gently until everything is moistened. Fill a 2 lb. or three 3 lb. metal can, cover and refrigerate over night. Dip batter into greased muffin tins as needed without stirring. Bake 25 minutes at 400° F. Batter will keep a month or longer refrigerated.

Yeast Breads

NO-KNEAD WHEAT GERM BREAD

Suzanne Zaffarano

This recipe makes a huge loaf or two or three smaller loaves. Any size makes delicious toast.

- 4-4½ cups unbleached flour, divided
- 1/4 cup sugar
- 1/4 cup wheat germ
- 1 tablespoon salt
- 2 pkgs. dry yeast
- 1 cup water
- 1 cup evaporated milk
- 1/4 cup oil
- 1 egg, beaten

Combine 2 cups flour with sugar, wheat germ, salt and yeast. In saucepan, heat water, milk, and oil to lukewarm. Mix egg into warm liquids and add to flour mixture. Blend at low speed until combined and beat 3 minutes at medium speed. With spoon, stir in remaining flour to form stiff dough. Spoon dough into greased 9 x 5-inch loaf pan; cover and let rise until doubled. Bake at 375°F for 45-50 minutes or until loaf tests done.

SOUTHERN ANGEL BISCUITS

Elaine Schilf

These biscuits have a firm texture and no crumbs. They are great for southern-style dinners or for breakfast, lunch or supper. Refrigerated dough will keep 3 to 5 days.

- 5 cups flour
- 1/4 cup sugar
- 3/4 teaspoon baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- 1 cup margarine
- 1 pkg. yeast
- 2 tablespoons warm water
- 2 cups buttermilk

Sift flour, sugar, baking powder, soda and salt together. Cut in margarine as for piecrust. Dissolve yeast in warm water. Stir into dry ingredients with buttermilk and mix well. Refrigerate until needed. When ready to bake biscuits, turn dough, or part of it, onto floured board and knead lightly, as for regular biscuits. Roll or pat dough to 1/2 inch thickness and cut with biscuit cutter. Place on lightly greased baking sheet and let rise a few minutes while the oven heats. Bake 12-15 minutes at 400°F or until golden brown. Makes about 3 dozen biscuits.

FUGINS (Pronounced foo-jins)

Suzan Shierholz

This is a German yeast doughnut, that my husband's family serves during the holidays. The fun is in eating them as they come out of the pan. We each have our own little dish of sugar and we dip the fugin in it for each bite.

1 pkg. yeast
2 tablespoons sugar
4 cups warm milk
2 eggs, slightly beaten
1/2 cup raisins
1/4 cup butter, melted
1/2 teaspoon salt
1/2 teaspoon ground cumin
4 cups flour, about

Add yeast and sugar to milk and let stand a few minutes until foamy. Stir in eggs, raisins, butter, salt, cumin and enough flour to make a stiff dough but not as stiff as bread dough. Let rise until double. Punch down, drop spoonfuls, a few at a time, into hot oil (375°F) and fry turning once, until golden brown. Drain on paper toweling and serve hot. Makes about 6 dozen.

JEWISH CHALLAH BRAID

Corrine Wolins

This recipe is a simplified version of the yellow-rich and tender festival bread.

2 pkgs. yeast
1/2 cup warm water
1 teaspoon sugar
1½ cups lukewarm milk
1/4 cup sugar
1 tablespoon salt
3 eggs, beaten
1/4 cup soft butter
7-8 cups flour, divided

Mix yeast, warm water and sugar in large mixing bowl and let sit until foamy. Stir in milk, sugar, salt, soft butter and about half the flour. Mix or beat until smooth. Blend in enough of the remaining flour to make a soft but not sticky dough. Turn onto lightly floured board and knead until small blisters appear on the surface. Cover and let rise until double. Punch down and divide dough into 3 equal parts. Roll each into a strand 14 inches long. Place on greased baking sheet and braid the three strands, gently and loosely. Do not stretch. Tuck ends under. Brush with butter, cover and let rise until double. Brush with egg yolk glaze made by mixing 1 egg yolk with 2 tablespoons cold water. Bake 40 to 50 minutes at 400°F. Makes 1 large loaf.

HERBED BREAD STICKS

Penny Bergles

Sage and caraway seeds make these bread sticks special.

1 pkg. dry yeast
1¼ cup lukewarm water
3 tablespoons sugar
1½ teaspoons salt
1 tablespoon butter
3 teaspoons caraway seeds, divided
1 teaspoon ground sage
3½ cups sifted flour
beaten egg

Sprinkle dry yeast over lukewarm water in a large bowl. Let stand a few minutes. Stir until dissolved. Add sugar, salt, butter, *two* teaspoons caraway seeds, sage and flour. Mix well. Turn out on lightly floured board and knead until smooth and elastic—about 10 minutes. Put in greased bowl and turn to grease top. Cover and let rise until double, about one hour. Punch down. Turn out on floured board and divide in two parts. Cut each half into 12 pieces. Roll each piece on the board with palms of hands and form "rope" about 1/3 inch thick and 12 inches long. Place on greased cookie sheet. Sprinkle lightly with remaining caraway seeds. Cover and let rise until double, about one hour. Brush tops with beaten egg and bake 15-20 minutes at 400°F. Makes 24 sticks.

SOURDOUGH PINEAPPLE CHEESE MUFFINS

Lori Peake

These muffins are good for breakfast or lunch. They are quick to put together if you do most of the measuring early.

1¾ cups flour
2 teaspoons baking powder
1/4 teaspoon soda
1/2 teaspoon salt
1/2 cup sugar
3/4 cup grated mild cheddar cheese
1/2 cup sour dough starter
1 egg, beaten
1/3 cup vegetable oil
1 8 oz. can crushed pineapple, not drained
1/2 cup milk

Sift flour, baking powder, soda, salt and sugar together and stir in grated cheese. Mix sour dough starter, egg, oil, pineapple with liquid and milk and stir into flour and cheese mixture. Fill greased muffins pans 2/3 full and bake 18 to 20 minutes at 375°F. Makes 12 - 16 muffins.

BRAN ROLLS

Betsy Lockhart

These rolls are tender, tasty and quick -- as well as nutritous!

1 pkg. active dry yeast
1/2 cup warm water
1/2 cup boiling water
1/2 cup shortening
1/3 cup molasses
1/2 cup whole bran
3/4 teaspoon salt
1 egg
3 cups sifted all-purpose flour (or 1½ cups stone-ground whole wheat and 1½ cups white flour)

Sprinkle yeast on warm water; stir to dissolve. Pour boiling water over shortening in mixing bowl; stir in molasses, bran and salt. Cool to lukewarm. Whisk egg lightly and add to bran mixture. Stir in yeast and mix well. Stir in flour, 1/2 cup at a time. Cover and let rise in a warm place until almost doubled, about 2½ hours. Punch down. Drop dough from spoon into greased muffin-pan cups, filling cups half full. Cover and let rise until doubled, about 1 hour. Bake about 15 minutes at 375° F. Makes 2 dozen rolls.

SESAME ROLLS

Ruth Hamilton

Make ahead for "brown and serve". You can store the loaves in the refrigerator for several days or up to three months in the freezer.

1 tablespoon dry yeast
3/4 cup warm water (105-115)
3/4 cup lukewarm milk
1/4 cup sugar
2 teaspoons salt
1/4 cup salad oil
4½ cups flour - divided
sesame seed - up to 2/3 cup

Dissolve yeast in warm water. Stir in milk, sugar, salt, oil, and 2½ cups flour. Beat until smooth. Mix in remaining flour to form soft dough. Turn dough onto lightly floured board; knead until smooth and elastic, about 5 minutes. Place in greased bowl and turn dough once. Cover and let rise until double (about 1½ hours). Punch down. Turn onto lightly floured board. Pinch off pieces the size of large walnuts and place in greased muffin tins or about three inches apart on a greased cookie sheet. Let rise until almost double -- about 45 minutes. Brush lightly with water. Sprinkle with sesame seed. Bake 20-30 minutes at 275° F. Do not let brown. Remove from pans, let cool, wrap and refrigerate or freeze. To serve, brown at 450° F for 7 to 10 minutes.

NORWEGIAN SWEET BUNS

Dann Perkins and Veronica Hove

Veronica Hove produced this recipe in answer to my search for a traditional Norwegian bread my grandmother once made. The aroma, texture and taste of the freshly baked bread brings back memories of 30 years ago.

1 pkg. yeast
1 cup water
1 teaspoon sugar
2 cups milk
1 cup butter
6 cups flour or more
1 cup sugar
1 teaspoon cardamom
1 cup raisins

Dissolve yeast in water with sugar and set aside to activate. Heat milk and butter to luke warm. Sift flour, sugar and cardamom together. Combine yeast, milk and flour mixtures and stir in raisins. Knead until thoroughly mixed. (The dough will be damp.) Cover and allow to rise until double. Punch down, mold into small rolls about the size of an egg and place at least 1 inch apart in greased baking pan. Let rise, uncovered, until nearly double. Bake 10 minutes at 400°F. Makes 2 or 3 dozen. (NOTE: You can make smaller rolls by starting with pieces of dough about the size of a walnut. I place them close together in the baking pan. They will break apart easily when they are baked.)

BUTTERSCOTCH BUNS

Lynn Lloyd

Unbelievably simple and delicious!

18 frozen dough balls
(1½ packages)
1 package butterscotch
pudding (not instant)
1 cup butter
1/2 cup brown sugar

Bring butter and sugar to a boil. Place rolls in ungreased bundt pan. Pour butter-sugar mixture over rolls. Sprinkle with pudding. Let rise over night. Bake 350° F for 30 minutes. Turn upside down on platter. Serve warm.

WHITE BREAD PLUS

Jean Sargent

When I bake this bread I save a cup of the sponge for a coffee cake or bread sticks.

1/4 cup sugar
1½ teaspoons salt
1 cup hot milk
2 cups cold water
2 pkgs. dry yeast
5 cups flour

Place these ingredients in a bowl in the order given. Beat with mixer on low speed until blended. Change to high speed and beat 1½ minutes. Set aside, cover and let rise until bubbly, 45 minutes to an hour. Pour 1 cup sponge in another bowl.

4 cups flour or more or less

Add to sponge, one cupful at a time, beating as long as the mixer can handle the dough. Turn out on floured cloth or board and knead until smooth. Place in greased bowl, cover and let rise until doubled. Punch down, shape into loaves for greased bread pan and allow to double. Bake ten minutes at 400° F, reduce heat to 350° F and bake about 50 minutes longer. Spread top of loaves with soft butter. Makes large or four small loaves.

COFFEE CAKE

1 cup bread sponge
1 egg
1 tablespoon sugar
1 teaspoon nutmeg or mace
1 cup flour, or more

Combine sponge, egg, sugar, nutmeg, and flour. Mix two minutes on medium speed, adding more flour if necessary to make a soft dough. not as stiff as bread dough. Set aside to rise, double, punch down and shape into a coffee cake or a tea ring. Let rise again and bake 20-25 minutes at 375° F.

One good cook slices day-old homemade bread with an electric knife, makes packets of the right number of slices for a family meal, wraps each packet well in foil and freezes them. She lets a packet stand at room temperature for a while and pops it into a hot oven for a few minutes.

RUM-RAISIN BREAD

Bess Ferguson

Rum-soaked raisins give this bread a special flavor. It is easy to make and keeps well, refrigerated or frozen. Bake it in 1 lb. tin cans for attractive round slices.

2 cups raisins
1/3 cup dark rum
1 cup hot milk
1/2 cup sugar
1/4 cup butter
1 teaspoon salt
2 pkgs. yeast
1/3 cup warm water
1 teaspoon sugar
3 eggs, well beaten
1 teaspoon vanilla
grated rind, one lemon
5-6 cups flour, divided

Allow raisins to soak in rum several hours or overnight. Pour hot milk over butter, sugar and salt. Stir to melt butter and dissolve sugar. Sprinkle yeast over warm water, stir in sugar and let stand until frothy. Stir yeast mixture, beaten eggs, vanilla and lemon rind into milk mixture with enough flour to make a soft sponge, about 2 cups. At this point, I let the sponge rise in a warm place until it is bubbly. (I think it takes less kneading.) When the sponge is bubbly, sprinkle about 1/4 cup of flour over the raisins and stir to coat them before putting them into the sponge with the last of the flour and enough more to make a soft, pliable dough. Knead until smooth and blisters form on the surface of the dough, cover and let rest 10 to 15 minutes. Mold into 3 large loaves, for 9 x 5-inch well greased or 4 or 5 smaller pans or 6 or 7 one lb. tin cans. Bake about 45 minutes at 350-400°F. Cool on cake rack.

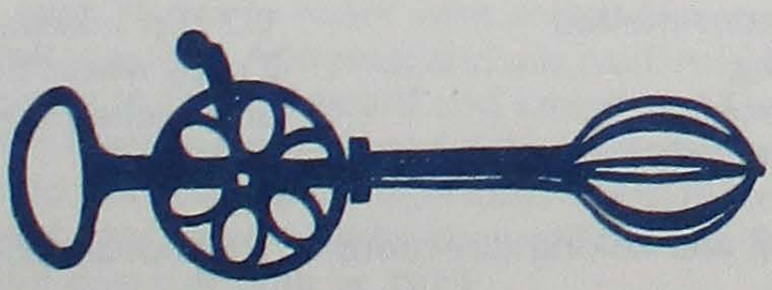
NOTE: See recipe for pan coating for bread pans at the beginning of this section on breads.

POLYGRAIN BREAD

Gourmet Group No. 2, Faculty Women's Club

1 cup old-fashioned rolled oats
1 cup cracked wheat
1 cup boiling water
2 envelopes dry yeast
1/2 cup very warm water
1 tablespoon light brown sugar
1 cup plain yogurt
2 tablespoons vegetable oil
2 teaspoons salt
5 cups sifted flour, divided
1 egg, slightly beaten

Combine oats and cracked wheat in large mixing bowl, stir in boiling water; cool to lukewarm. Sprinkle yeast into warm water in a glass measuring cup. Stir until yeast dissolves; add sugar. Let stand until bubbly and double in volume, about 5 minutes. Add yeast mixture, yogurt, oil and salt to oats and cracked wheat, mix thoroughly. Beat in 3 cups flour until completely blended. Gradually add remaining flour to make a soft dough. Turn out on lightly floured board or cloth, knead until smooth and elastic, adding only enough extra flour to keep dough from sticking. Place in lightly oiled large bowl; turn dough to coat with oil, cover with clean towel, let rise in warm place until double in bulk. Punch dough down; allow to rest 10 minutes. Divide in half and knead each half a few times. Roll each into 15 x 10 inch rectangle. Roll up tightly from long side, jelly roll fashion; pinch along seam to seal. Place loaves in oiled 9 x 5 x 3-inch pans. Let rise until double in bulk, 30-45 minutes. Brush tops with slightly beaten egg. Bake at 375°F for 50 minutes, or until breads are golden and sound hollow when tapped. Remove from pans, cool on wire rack. Cool completely before slicing.



ANADAMA BREAD, TRADITIONAL

Bess Ferguson

You probably have heard the story before - about the New England fisherman whose lazy wife, Anna, always served him corn meal mush with molasses when he came home from a long, hard day fishing. He wanted a change and made it by adding flour and yeast and baking the mixture in a bread pan. When a friend asked him the name of his bread, he said that Anna, "damn her", wouldn't bake the bread so he baked it himself and called it "Anadama Bread".

1/2 cup yellow cornmeal
2 cups boiling water
2 tablespoons shortening
1/2 cup molasses
3 teaspoons salt
2 pkgs. yeast
1/2 cup lukewarm water
1 teaspoon sugar
5-6 cups flour

Add cornmeal gradually to boiling water, stirring constantly. Add shortening, molasses and salt and cool to lukewarm. Dissolve yeast in warm water with sugar and stir into cornmeal mixture. Fold in enough flour to make a stiff dough and knead on floured board until smooth and elastic. Place in greased bowl, turn once, cover and let rise in warm place until double. Punch down with fingertips and let rise again. Turn out on floured board and knead again, adding more flour if needed to make a springy dough. Shape into 2 regular-sized loaves or 3 smaller. Place in greased pans, cover, let rise until double. Bake 40-60 minutes at 375°F. Time depends on size of loaves. Brush crust with butter, remove from pans and cool on rack.

ANADAMA BREAD, MODERN

A Friend

You can make this bread even more nutritious if you add 1 tablespoon of dried Brewer's yeast or 1-3 tablespoons full fat soy flour with the flours.

1/2 cup yellow cornmeal
2 cups cold water
1 cup raisins
2 tablespoons melted shortening
1/2 cup molasses
2 teaspoons salt
3 tablespoons wheat germ
2 handfuls cracked wheat
2 pkg. yeast
1/2 cup lukewarm water
2 cups wheat flour
unbleached flour

Follow mixing and baking directions of traditional recipe above.

MRS. LODWICK'S WHOLE WHEAT BREAD

Carol Deppe

This bread recipe once was a feature in the Des Moines Register. The flavorful bread is our family's favorite. It goes well with almost any menu and, double wrapped, freezes well.

- 2 pkgs. granular yeast
- 3 cups warm, not hot, water
- 4 cups white flour, divided
- 4 tablespoons sugar
- 2 tablespoons salt
- 1 cup hot water
- 1 cup brown sugar
- 6 tablespoons shortening
- 4 cups unsifted stone-ground whole wheat flour
- 2 cups pumpernickel rye flour

Dissolve yeast in warm water. Stir in 2 cups white flour, sugar and salt and let rise in a warm place until light and bubbly. Combine hot water, brown sugar and shortening and cool to lukewarm before adding to risen mixture. Stir in whole wheat flour, rye flour and remaining 2 cups white flour. Mix as long as you can, turn dough on to floured bread board and knead at least 15 minutes. Place in buttered bowl, cover and let rise in a warm place (1½ hours). Turn out on well-floured board, knead a few minutes and divide into 4 portions. Cover, let rest 15 minutes, shape into loaves and place in greased bread pans. Cover, set in warm place to rise until light. Bake 1 hour at 350° F. Butter tops while hot from the oven. Cool and refrigerate in plastic bags.

CRACKED WHEAT BREAD

Carolyn Errington

Friends all say, "Superb!"

- 1 cup cracked wheat
- 3 cups water
- 2 cakes yeast
- 3/4 cup lukewarm water
- 3 tablespoons sugar
- 3 tablespoons melted shortening
- 1 tablespoon salt
- 6 cups sifted flour

Cook cracked wheat and water in double boiler 1 hour and cool to luke warm. Dissolve yeast in warm water with sugar. Mix cooked wheat, shortening and salt together. Add yeast and mix well. Add flour and mix well. Turn dough on to floured board and knead 10-15 minutes, until smooth and elastic. Place in greased bowl, set in a warm place to rise until double. Divide into four parts and shape into loaves. Place in 8 x 4-inch well-greased bread pans, cover and let rise until double. Bake one-half hour at 400°F, and one-half hour at 350°F.

HONEY WHOLE WHEAT BREAD

Donna Cleasby

Honey gives this bread a special flavor and I think it helps to keep it from drying out, if it lasts that long!

- 3½-4 cups white flour, divided
- 2½ cups whole wheat flour
- 2 pkgs. yeast
- 1 tablespoon salt
- 1 cup milk
- 1 cup water
- 1/2 cup honey
- 3 tablespoons shortening
- 1 egg, beaten

Mix well 1 cup of white flour, all the whole wheat flour, yeast and salt in large mixer bowl. Heat milk, water, honey and shortening until warm - shortenting need not melt. Add to flour mixture with beaten egg and blend at low speed until moistened. Beat at medium speed 3 minutes. Knead on floured board until smooth and elastic, about 5 minutes. Place in greased bowl, turning once, cover, let rise until light and doubled, about 1 hour. Punch dough down and divide in two. Roll or pat each on floured surface to a 14 x 7-inch rectangle. Roll up tightly, starting on short side, press dough into a roll at each turn. Pinch edges and ends to seal. Place in greased bread pans, cover, let rise until doubled and light, about 30 minutes. Bake 35-40 minutes at 375° F. or until golden brown. Remove from pans and cool on rack. Makes 2 loaves.

FOUR GRAIN BREAD

Nancy Snider

The combination of cereals and flours gives this bread a special flavor.

- 1 cup rolled oats
- 1 cup cornmeal
- 2 tablespoons brown sugar
- 1 tablespoon salt
- 2 tablespoons shortening
- 2 cups boiling water
- 2 pkgs. yeast
- 1/2 cup warm water
- 1 teaspoon sugar
- 1 cup rye flour
- 1 cup whole wheat flour
- 1¾ cups unbleached flour

Mix rolled oats, cornmeal, salt, sugar and shortening in large mixing bowl. Stir in boiling water and let stand 1 hour. Mix yeast, warm water and sugar and let stand until foamy. By now the cereal mixture shold be cooled to luke warm and ready for the yeast. Stir it in and add part of the flours. Gradually work in flours to make a soft dough. Cover and let rise until double. Work in remaining flours to make a stiff dough and knead until small blisters appear on the surface. Let rest while you grease 2 regular bread loaf pans or 3 smaller pans. Divide dough, and knead and mold into loaves. Place in pans and let rise until double. Bake about 45 minutes at 375°F. Makes 2 or 3 loaves.

WHOLE WHEAT BREAD

Dick Meensen

Super bread. All my friends say so.

- 2 cups water(110° F.)
- 2 tablespoons granulated yeast
- 1/2 cup brown sugar
- 3/4 cup shortening
- 1 quart cold water
- 1/2 cup sorghum
- 2 tablespoons salt
- 1½ cups nonfat dry milk
- 3 cups whole wheat flour
- 5 cups white flour

Stir yeast and brown sugar into warm water. Melt shortening, pour into a large bowl and add cold water, sorghum and salt. Combine dry milk and whole wheat flour and add with yeast mixture to bowl mixture. Stir in white flour and enough more whole wheat flour to make it kneading consistency. Knead 6 to 8 minutes on whole wheat floured board until it is smooth and elastic. Divide into 2 parts and put each in a greased bowl. Cover with damp cloth and let rise until doubled. Pound down and shape each part into 3 loaves. Place in greased baking tins and let rise again. Bake 35-45 minutes at 350° F. Makes 6-1½ lb. loaves.

HI-PROTEIN HONEY WHEAT BREAD

Ruth Hamilton

- 4 to 5 cups bread flour
- 2 teaspoons salt
- 2 packages dry yeast
- 1 cup water
- 1/2 cup honey
- 1/4 cup margarine
- 1 cup cream style cottage cheese, (Low fat if you like)
- 2 eggs, beaten
- 1 cup whole wheat flour
- 1 cup rolled oats
- 1 cup chopped nuts

Blend two cups flour with salt and yeast. Heat water. honey, margarine and cottage cheese to 120-130° F. Add warm liquid and eggs to flour mixture. Blend at low speed until moistened. Beat three minutes at medium speed. Stir in whole wheat flour, oats, and nuts plus enough bread flour to make a smooth, elastic dough (about 10 minutes). Cover loosely with plastic and a cloth towel. Let rise until double. Punch down and divide into thirds for medium loaves. Let rest under covered bowl for 15 minutes. Form into loaves. Let rise to double, about 1 hour. Bake at 375° F for 35-40 minutes. Cool on rack. Makes 3 loaves.

ROLLED WHEAT BREAD

Jo Hicks

I've been making this bread for 25 years and all of a sudden everybody's asking for the recipe. Here it is!

3 cups water, boiling
1½ tablespoons salt
1 cup rolled wheat or
cracked wheat

Add salt and wheat to boiling water and cook to the consistency of porridge. Remove from the heat and add:

1/2 stick margarine
4 tablespoons sugar
2 or 3 ice cubes
3/4 cup warm water
1 pkg. dry yeast
1 teaspoon sugar
5-6 cups white flour

Stir margarine, sugar and ice cubes into wheat mixture. (The ice cubes will cool it.) Add yeast and sugar to water and let stand until bubbly before stirring it into the wheat mixture. Stir in flour, one cupful at a time until you have added approximately 6 cupsful. Turn dough out on a floured board and knead about 10-15 minutes. The kneading is very important because it develops the gluten. Place dough in greased bowl, grease top, cover and let rise until double. Punch down. Let rise again and divide in half. Shape each piece into a loaf, place in greased bread pan and let rise until double. Bake at 375°F for 45 minutes. Turn out on a rack to cool. Slice off one end immediately and eat it.

ENGLISH MUFFIN BREAD

Laurina Hovde

This bread is very good warm but be sure to save some to toast!

3 cups flour
2 pkgs. yeast
1 tablespoon sugar
2 teaspoons salt
1/4 teaspoon soda
2 cups milk
1/2 cup water
3 cups flour
cornmeal

Combine flour, yeast, sugar, salt and soda in large mixing bowl. Heat milk and water until very warm but not hot and stir into flour mixture and mix thoroughly. (May use mixer) Add last of flour to make a very stiff batter. Spoon into 2 well-greased loaf pans, sprinkled with cornmeal. Sprinkle cornmeal over top of loaves. Cover with damp cloth and let rise in a warm place for 45-60 minutes. Bake 25 minutes at 375°F. Remove from pans immediately. Eat 1 loaf and freeze the other.

THE HOUSE BREAD

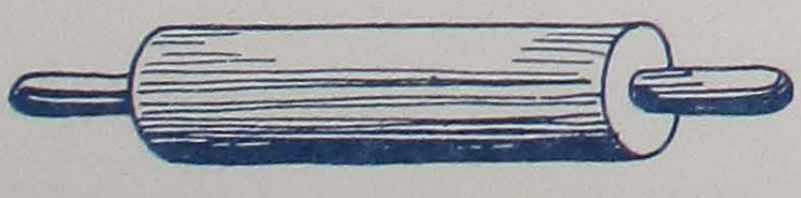
Jean Welshons

A few years ago we bought a home flour mill kit. The folder describing the kit said, "Can be put together in an afternoon with tools usually found in the home." A month later after buying numerous strange tools, we had our mill in operation. It is powered with electricity, but in dire emergency, it can be hooked up to a bicycle--a marvelous survival machine. The stones in the mill are about 6 inches in diameter. It grinds enough flour for a batch of bread in about 10 minutes. The bread made from freshly-ground grain is something special.

After some family participation--suggestions and complaints--we settled on this recipe for four loaves:

- 4 cups lukewarm water
- 1 cup condensed milk
- 4 tablespoons dry bread yeast
- 1 tablespoon debittered brewer's yeast
- 1/4 teaspoon mace
- 4 teaspoons salt
- 1/4 cup sorghum
- 3 tablespoons corn or peanut oil
- 2 cups rye flour
- 3 cups all-purpose flour
- 8-9 cups whole wheat flour, divided

Put water in a large bowl. Sprinkle over both kinds of yeast. Stir until dissolved. Add mace, salt, sorghum, and oil. Stir well. Add rye and white flour plus 2 cups of whole wheat flour. Beat well. Gradually add whole wheat flour until mixture is very thick. Allow to rest for 5 minutes. (W.W. flour takes up moisture more slowly than white flour). Turn out on a counter generously floured with whole wheat or white flour and knead until elastic. Wash the bowl in hot water, dry and pour in about 1 tablespoon oil. Return dough to bowl. Flip over to grease the top of the dough. Cover with wax paper and a dish towel. Put in a warm place to rise. (I put mine in the oven with a pan of hot water.) When doubled in bulk (about 1 hour) punch down and turn out on counter. Cut into 4 pieces and form into loaves. Put in bread pans greased with shortening and dusted with cornmeal. Allow to rise again, covered with the dish towel, until the loaves are rounding above the rim of the pan. Leave the bread in the oven, removing the towel, of course; set the oven for 450° F. and the timer for 15 minutes. After 15 minutes, lower the temperature to 325° F. and bake for 30 minutes. Turn out immediately onto racks to cool.

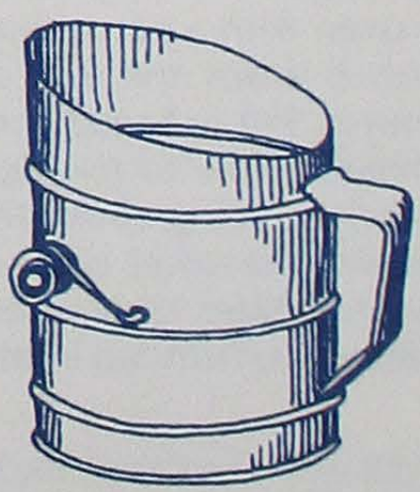


CHEESE WHEEL

Ann Thompson

1 package active dry yeast
2/3 cup warm water
2 cups all-purpose flour - divided
2 tablespoons cooking oil
1/2 teaspoon sugar
1/2 teaspoon salt
1 beaten egg
3 cups shredded cheese (meunster, cheddar, jack, swiss or any combination
1/2 cup snipped parsley
1 small clove garlic
salt - a few shakes
1/8 teaspoon pepper

Soften yeast in the warm water. Beat in 1 cup of the flour, the oil, sugar, and salt. Stir in enough of the remaining flour to make a moderately stiff dough. Turn out onto lightly floured surface; knead until smooth and elastic, 5-8 minutes. Place in lightly greased bowl, turning once to grease surface. Cover; let rise in warm place until double (about 1 hour). Punch down; divide into two portions. Cover and let rest 10 minutes. On lightly floured surface, roll one portion to a 13-inch circle. Place in greased 12-inch round pan. Combine egg, cheese, parsley, garlic, salt, and pepper. Spread over dough. Roll remaining dough to 13- inch circle. Place over filling; trim and flute edges. Bake at 400° F oven for 20 minutes. Remove from oven. Brush top with mixture of egg yolk and 1 tablespoon water. Sprinkle with sesame or poppy seed and sugar, if desired. Return to oven and continue baking 12-15 minutes longer. Cut in narrow wedges. Two wheels.



CORIANDER HONEY BREAD

Rowena Malone

This unusual bread has a delicate, different flavor. It goes well with several kinds of soup and it makes wonderful toast.

- 1/4 cup lukewarm water
- 1 pkg. granulated or fresh yeast
- 1 cup whole milk or 13 oz. evaporated milk
- 1/2 cup honey
- 4½ cups white flour, divided
- 1/4 cup melted margarine or butter
- 3 tablespoons ground coriander
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1½ teaspoons salt

Dissolve yeast in warm water. Scald milk and add honey, dissolved yeast and water. Add one-half the flour and mix well. Let stand. Add spices to melted butter and mix. When cool, add to flour mixture. Add rest of flour and mix well. Let rest 10 minutes. Knead 10 minutes. Place in greased bowl and let rise until double. Knead dough well and form into loaf or loaves and place in greased pan. Cover and let rise until double. Bake 1 hour at 300°F or until golden brown. Cool on wire rack. Makes 1 large loaf or 2 smaller.

CASSEROLE DILL BREAD

Laura Austin

An old recipe -- easy and good.

- 1 packet dry yeast
- 1/4 cup warm water
- 1 cup creamed cottage cheese, warmed
- 2 tablespoons sugar
- 1 tablespoons instant minced onion
- 1 tablespoon butter
- 2 teaspoons dill seed
- 1 teaspoon salt
- 1/4 teaspoon soda
- 1 egg
- 2¼ - 2½ cups all-purpose flour

Soften yeast in water. Combine in a mixing bowl, cottage cheese, sugar, onion, butter, dill, salt, soda, egg and softened yeast. Add flour gradually, beating well after each addition to form a stiff dough. Cover and let rise in warm place until doubled in size (50-60 minutes). Stir down dough. Turn into well-greased casserole. Let rise 30-40 minutes. Bake at 350° F until golden. Brush with soft butter and sprinkle with salt.

BUTTERMILK RYE BREAD

Virginia Howell

This recipe makes six loaves. When it is cold, I slice it and freeze it in packets of a few slices. It makes delicious toast.

2 pkg. yeast
1/2 cup warm water
1 teaspoon sugar
4 cups buttermilk
1 teaspoon soda
1 cup sugar
1/2 cup shortening
3 tablespoons salt
1/2 cup molasses
2 cups water
6 cups rye flour
8 cups white flour

Dissolve yeast in water with teaspoon of sugar. Stir soda into buttermilk. Combine sugar, shortening, salt, molasses and water and bring to a boil. Pour into a large bowl and add buttermilk and soda. When the mixture is luke warm, stir in yeast. Add rye flour and beat thoroughly. Add enough white flour to make a stiff dough. Knead until smooth and elastic and put in greased bowl to rise until double. Punch down and let rise again. (Risings are slow) Turn on to floured board, shape into 6 loaves. Put in greased bread pans and let rise. Bake about 45 minutes at 375°F. If bread seems to be browning too fast, turn oven temperature down to 350°F.

WHEAT GERM RYE BATTER BREAD

Ann Ross

1 package yeast
1/3 cup warm water
1/4 cup brown sugar
1½ cup hot water
1/4 cup butter
2 teaspoons salt
1 tablespoon instant coffee (Optional)
2½ cups rye flour
1½ cups wheat germ
1 tablespoon caraway seed

Dissolve yeast in warm water. Mix sugar, hot water, butter, salt and coffee until butter melted. Cool to lukewarm. Add yeast mixture. Beat well. Add rye flour and beat, then wheat germ and caraway. Beat. Let rise in warm place, cover, 1½ hours or until doubled. Stir down. Spread in greased loaf pan. Let rise until doubled. Preheat oven to 300° F. Place bread in oven and immediately raise temperature to 350° F. Bake 20 minutes. Turn heat down to 325° F. Bake 30 minutes. Turn heat off. Let stand in oven five minutes. Remove from pans, cool on rack.

FRENCH BREAD

Marg Junkhan

Everyone loves French Bread.

FOR 2 LOAVES

1 cup warm water
2 teaspoons sugar
1½ teaspoons salt
1 pkg. yeast
1 tablespoon margarine
1 egg white - optional
3½-4 cups flour (approx.), divided
1 egg white plus 1 tablespoon water

FOR 8 LOAVES

1 quart warm water
2 tablespoons sugar
2 tablespoons salt
2 tablespoons dry yeast
4 tablespoons (1/2 stick) margarine
1 or 2 egg whites, optional
10-11 cups flour (approx.), divided
1 egg white plus 1 tablespoon water

Put water in large mixing bowl reserving 1/4 cup for small recipe or 1/2 cup for large one. Add sugar, salt, and margarine to bowl. Add yeast to reserved water to soften.

Stir water in large bowl to dissolve sugar and salt and add 1 cup flour for small recipe—4 cups flour for large recipe. Beat well using electric mixer if you have one. Add yeast mixture and optional egg white. Stir in enough flour to make a stiff, but still moist dough. If making large recipe your bowl will be very full and you may have to turn dough out on a board or counter top to finish working in flour.

Turn out on floured board and knead until smooth and elastic. Place in greased bowl or other container, cover with damp cloth or towel and let rise until doubled. If making small recipe your large mixing bowl will hold it nicely. For large recipe use a soup pot, clean dishpan, or whatever large container you have.

Punch down and divide dough into number of loaves you are making. Roll each piece into a long skinny piece and place on greased cookie sheet or in special bread pans. Cover with damp cloth and let rise until doubled.

Preheat oven to 425°. Carefully remove damp cloth. Use a razor blade or very sharp knife to make 5 or 6 slashes diagonally across loaves. Place pan of hot water in bottom of oven. Brush loaves with remaining egg white beaten with water. Bake 10 minutes, remove loaves and brush again with egg white. Return to oven, reduce heat to 350°, and bake 10 more minutes. Again remove and brush with egg white. Bake 20-25 minutes more until done.

Total baking time: 40-45 minutes. Remove bread from pans and cool on rack.

CROISSANTS

D.V. Lee

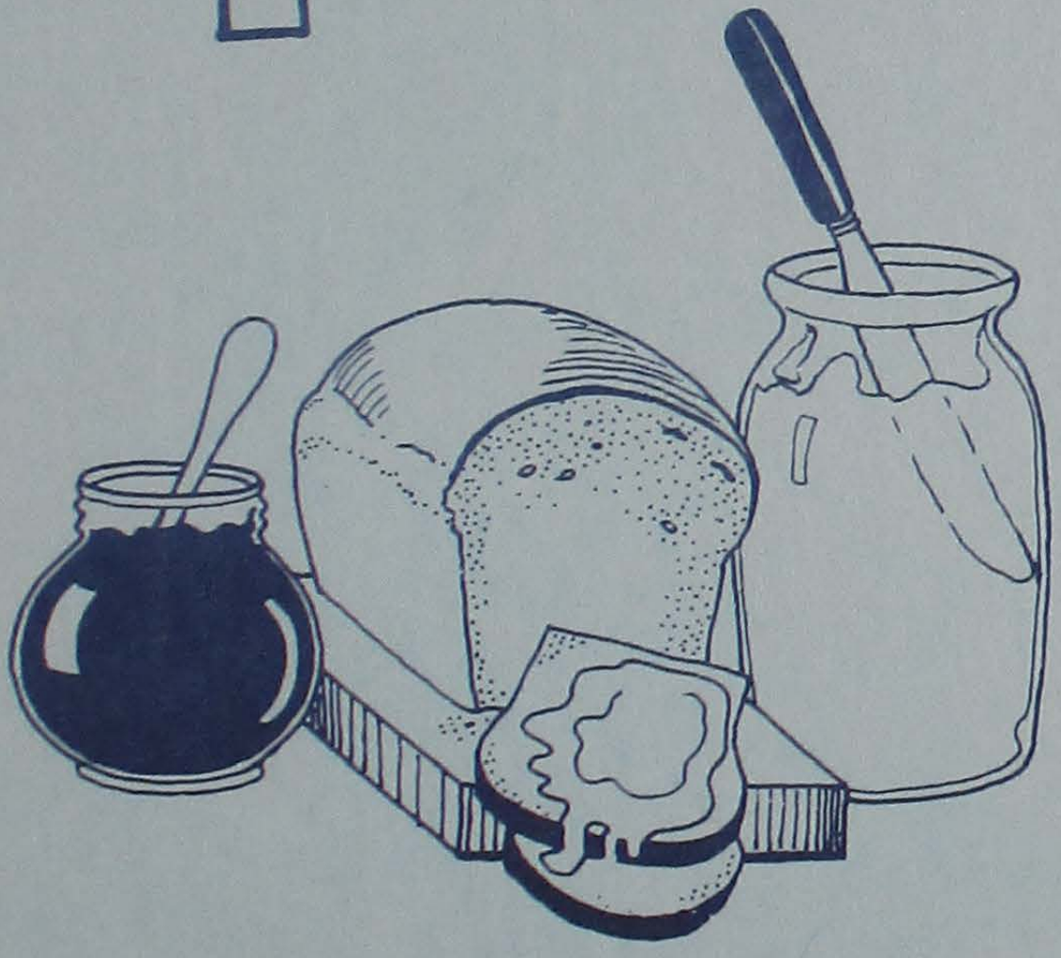
These rolls are part of the New Year's midnight breakfast we serve good friends every year.

3/4 cup butter or margarine
3 cups unsifted flour, divided
3/4 cup milk, scalded
1/4 cup warm water (105°-115°F)
1 pkg. active dry or compressed yeast cake
3 tablespoons sugar
1 teaspoon salt
1 egg, beaten
1 egg
1 tablespoon milk
sugar

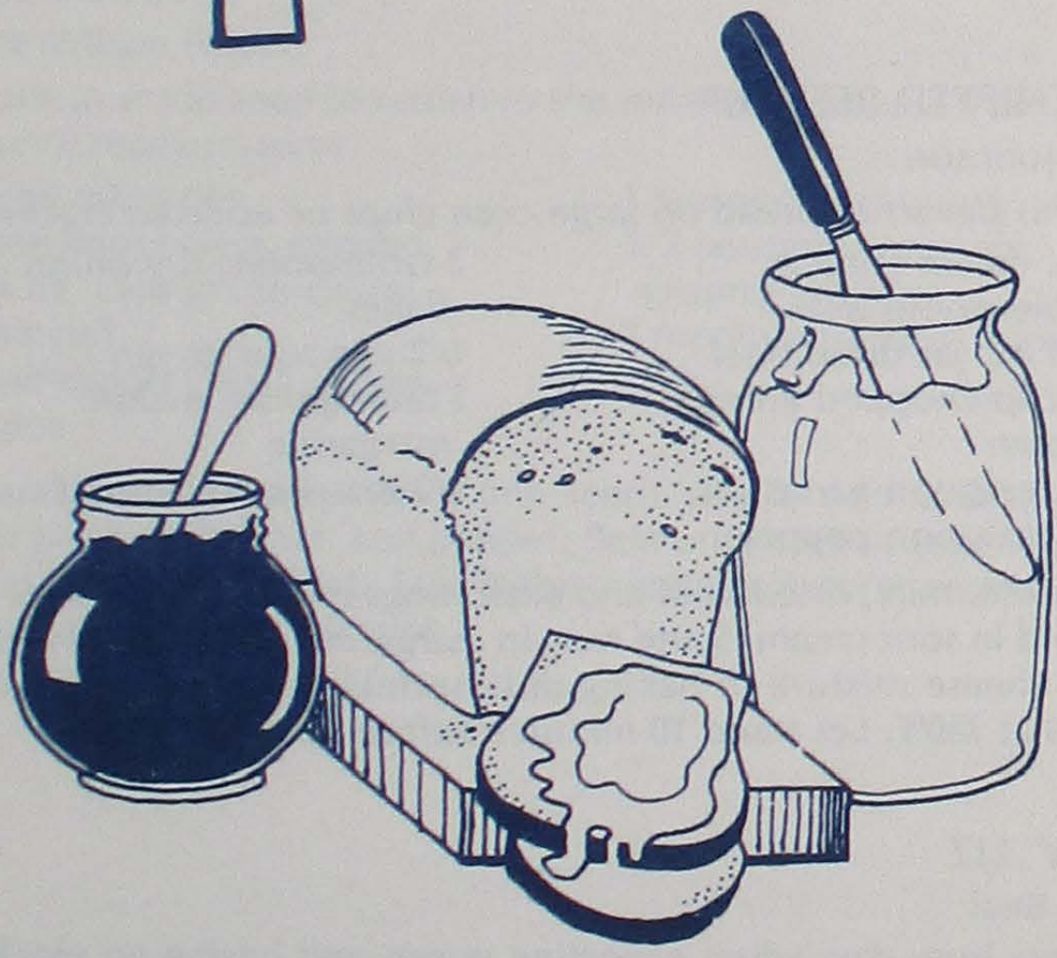
1. Work butter or margarine into 1/4 cup unsifted flour until mixture is smooth paste. Place between two sheets of waxed paper and roll into a 10 x 4 inch rectangle. Chill for 1 hour (Do not put it in the porch when the temperature is below zero—I made that mistake when I first tried a few years back.)
2. While butter is being chilled, prepare dough. Scald milk and cool to lukewarm.
3. Measure warm water into a large warm bowl. Sprinkle or crumble in yeast and add the scalded milk and stir until dissolved. Stir in 3 tablespoons sugar, salt, beaten egg and 1 cup flour. Beat until smooth. Stir in remaining flour until completely blended. (Be prepared, this step is quite messy.)
4. Turn dough out onto a well-floured board. Roll out into a 12-inch square. Fold in thirds as before. Turn dough, roll and fold 3 more times. Wrap in waxed paper and chill 2 hours. (I have found no problems if I have to chill it longer. Lately, I have divided my annual croissants making into two days. Do steps 1-4 on day one and remaining steps on day two.)
5. Divide chilled dough in thirds. Shape one third at a time, refrigerate the remainder. Roll one third out on a lightly floured board into a 12-inch circle. Cut into 8 pie-shaped wedges or pieces. Beat together 1 egg and 1 tablespoon milk. Brush point of each piece with egg mixture. Roll each piece up tightly, beginning at wide end. Seal points. Place on a greased baking sheet with points underneath. Curve to form crescents. Brush with egg mixture and sprinkle with sugar. Repeat with remaining dough.
6. Let rise in a warm place, free from draft, about 30 minutes or until the rolls feel light and fluffy.
7. Heat oven to 350° (or 375°, depending on your oven.)
8. Bake about 12 minutes or until lightly browned and done.
9. Feed the remaining egg mixture to your dog. (Our dog likes it!)

(24 croissants)

Spreads



Spreads



HOT ARTICHOKE DIP

Lynn Lloyd

This recipe won third prize in a Minneapolis taste contest. We think it deserved first.

1 8½ oz. can artichoke hearts (packed in water)
1 cup mayonnaise
1 cup grated Parmesan cheese
1/2 clove garlic (optional)
1 tablespoon lemon juice

Drain artichokes and combine with mayonnaise and lemon juice in blender and mix until fairly smooth (no big chunks). Put in pie pan and sprinkle with 1 cup grated Parmesan cheese. Heat at 350° F until warm and cheese is slightly brown. Serve warm with crackers. Serves 6-8.

HOT CHIPPED BEEF DIP

Judy Johnson

Serve this flavorful spread on large corn chips or assorted crackers.

8 oz. cream cheese
2 tablespoons milk
1 2½ oz. jar dried beef
1/4 cup chopped green pepper
1/2 teaspoon garlic salt
1/4 teaspoon pepper
2 tablespoons dry onion flakes
1/2 cup sour cream
2 tablespoons melted margarine
1/2 teaspoon plain salt

Mix cheese, milk, dried beef and seasonings thoroughly (except plain salt). Fold in sour cream. Sauté nuts in margarine and sprinkle with salt. Spread cheese mixture in baking dish, sprinkle with nuts and bake 20 minutes at 350°F. Let stand 10 minutes before serving.

"PIZZA" LIZ

Anita Beal

On a very busy day, when expecting guests and having no snacks on hand, a friend devised this appetizer. It comes as a surprise. On a plate, spread a layer of cream cheese. On this, spread a layer of crumbled tuna. Over the tuna, pour a layer of pizza sauce. Serve with crackers.

SPINACH DIP

Sammee Gammack

Very good with carrot sticks, celery, cucumber sticks, cauliflower or what have you, or delicious as a filling for fresh mushrooms.

- 1 10 oz. pkg. frozen chopped spinach
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1/2 cup minced onion
- 1 teaspoon salt
- 1/2 teaspoon celery salt
- 1/4 teaspoon pepper
- 1/8 teaspoon nutmeg

Thaw spinach. Drain and squeeze out moisture. Mix all ingredients together thoroughly. Tastes better if made a day ahead and refrigerated to let flavors blend. Serves 8.

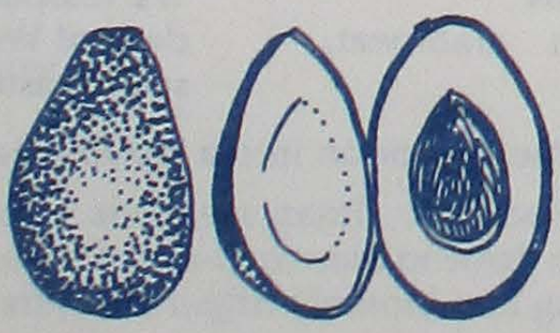
GUACAMOLE

Alice Wilson Pearce

Save one avacado seed to return to the mixture to keep it from turning dark until ready to serve.

- 2 ripe avocados
- 1 medium onion, minced
- 2 4 oz. cans green chilies minced
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon coarsely ground pepper
- 1 medium tomato, minced

Peel and seed avocados (save one seed). Mash. Add onion, pepper, lemon juice, chilies, salt and pepper. Beat until creamy (can use a food processor up to this point). Fold in the tomatoes. Return seed to dip until ready to serve. Yield 1½ cups.



CHUTNEY AND PEANUT BUTTER SPREAD

Mary-Peale Schofield

One of those come-again tastes

1 8 oz. pkg. cream cheese
1/2 lb. peanut butter, chunky style
1/4 teaspoon seasoned salt
4 oz. Major Gray's chutney
1/4 teaspoon Worcestershire sauce
dry red wine

Mix and blend the above ingredients together, cutting the larger pieces in the chutney into smaller ones before adding. Use only enough dry red wine to moisten the mixture so that it can be spread easily. Best on Triscuits, though it can be spread on crackers or silver-dollar-thin slices of ice-box rye bread. This spread can be refrigerated in a covered jar and will remain in perfect condition for weeks.

HOT CRAB SPREAD

LaDonna Allen

This is special because it can be made ahead of time and kept in the refrigerator for several hours.

1 8 oz. pkg. cream cheese, softened
1 7½ oz. can crab meat, drained
2 tablespoons dry sherry
1 teaspoon lemon juice
dash of tabasco sauce
1/3 cup sliced unblanched almonds

In medium bowl, mix well the first five ingredients. Spoon into a shallow baking dish and sprinkle almonds evenly on top. Bake 15 to 20 minutes at 350° F. Serve with salted crackers. Yield 1¾ cups.

CRAB SPREAD

Gladys VanDrie

Make plenty because you won't have it around very long.

1 8 oz. pkg. cream cheese
1 tablespoon milk
1 6½ oz. can crabmeat, drained
1 tablespoon minced onion
1/2 teaspoon horseradish
dash of Worcestershire
salt to taste

Blend all the ingredients. Spoon into a shallow baking dish and bake 15 to 20 minutes at 350° F.

CREAMY SHRIMP DIP

Thelma Krock

A dip or spread to make a hit at any party.

- 1 8 oz. pkg. cream cheese
- 1-2 tablespoons finely grated onion
- pinch salt
- 4 to 6 tablespoons salad dressing or mayonnaise
- 5 tablespoons catsup
- 4¼ oz. can shrimp

Beat cream cheese with electric mixer until creamy. Add onion, salt, salad dressing and catsup, blending well. Add shrimp to cream cheese mixture and beat until smooth. Garnish with dash of paprika. Serves 6.

SHRIMP SPREAD

Twyla Young

This spread looks terrific however you serve it—in a bowl on an hors d'oeuvres table with crackers for guests to spread for themselves, or chill it and spread it on crackers, topped with an olive slice and served on a tray. Or chill it in miniature muffin tins, about 1¼-inch diameter, unmold *on melba toast rounds and garnish with an olive slice, a sprig of parsley, a bit of pimento or whatever strikes your fancy.*

- 10 oz. cooked baby shrimp
- 8 oz. sour cream
- 8 oz. cream cheese
- 1/2 cup mayonnaise
- 1/2 cup chili sauce
- 2 pimentos
- 1/4 cup lemon juice

Blend well in blender in two batches for easy handling (divide each ingredient in half).

- 1 tablespoon dried green pepper
- 1 tablespoon dried onion
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon lemon flavored pepper
- 1/4 teaspoon hot pepper sauce
- 2 stalks celery, finely chopped

Add these ingredients to shrimp and cheese mixture and mix well.

- 2 envelopes unflavored gelatin
- 3 tablespoons water
- olives
- parsley

Soften gelatin in water and heat gently to dissolve gelatin. Stir into shrimp mixture and pour into 6-cup mold or small molds. Refrigerate at least 4 hours, preferably overnight. Unmold and garnish with olives or parsley.

NEW YEAR'S EVE CAVIAR PIE

Trudy Reynolds

6 hard cooked eggs, chopped
6 tablespoons butter, melted
8 oz. cream cheese
1 cup sour cream
1 cup minced onion
4 oz. whitefish caviar (black)
1 hard cooked egg, chopped

Combine chopped eggs with melted butter, spread over bottom of well greased 9 inch spring form pan or pie plate. Spread minced onion on top of egg mixture. Soften cream cheese, blend with sour cream until smooth. Spread over onion mixture. Cover and chill 3 hours or overnight. Just before serving spread top with caviar. Garnish with lemon wedges and chopped egg. Serve with rye bread rounds or plain round crackers.

CRAB MEAT MOLD

Alice Murray

This combination of flavors makes a delicious spread for crackers to go with a soup.

1 10¾ oz. can shrimp soup
2 3 oz. pkgs. cream soup
1/2 cup minced onion
1 cup mayonnaise
2 envelopes unflavored gelatin
1 cup cold water
2 6½ oz. cans crab meat
1 cup minced celery
1 tablespoon lemon juice
salt to taste
lemon slices
pimento
black olives

Heat shrimp soup, cream cheese and onion gently until cheese is melted. Blend in mayonnaise. Sprinkle gelatin over water, let stand 5 minutes, heat until dissolved and stir into soup mixture. Flake crab meat and add with celery, lemon juice and salt. Pour into 6-cup mold and refrigerator 6 hours. Unmold on serving plate and garnish with lemon slices, pimento and black olives.

One good cook makes 1 inch herbed butter balls to freeze and use when needed in sauces or spreads by mixing 4 tablespoons softened sweet butter with 2 tablespoons fresh herbs (mix and match), finely chopped. She partially freezes them on cookie sheet before storing in plastic bags in freezer.

SALMON PATE

Toni Whitman

This pate is good, not only with crackers, but, minus the pecans and onion tops, as a tea sandwich filling for the Episcopal English tea.

1 15½ oz. can red or pink salmon
1 8 oz. pkg. cream cheese
1 teaspoon lemon juice
2 teaspoons green onion, finely chopped
1 teaspoon horseradish
1/2 teaspoon salt
Dash pepper

Drain salmon. Combine in mixer all ingredients. Chill overnight.

1/2 cup chopped pecans
3 teaspoons green onion tops, finely chopped

Shape into a ball. Roll in chopped pecans and green onion tops. Chill to set.

SALMON SPREAD

Laura Dhoog

Serve this spread with sesame melba toast

1 7 oz. can salmon
2 tablespoons olive oil
1 tablespoon lemon juice
1/4 cup mayonnaise
salt, a pinch
pepper, a dash or two

Mix well and chill thoroughly before serving.

COLD TUNA SPREAD

Mary Cappannari

1 medium-sized potato
1 7 oz. can tuna
1 hard cooked egg
2 tablespoons grated Parmesan cheese
1/4 cup mayonnaise
salt and pepper

Peel and cook potato in lightly salted water. Drain and mash. Drain tuna and chop hard cooked egg. Stir potato, tuna, egg and cheese with mayonnaise and season with salt and pepper. Chill thoroughly before serving.

HICKORY-CHEESE LOAF

Gourmet luncheon group, No. 2, Faculty Women's Club

1 loaf French bread
1/2 cup soft butter
1 cup shredded sharp cheddar (4 oz.)
1 tablespoon chopped parsley
1/2 teaspoon hickory smoked salt
1 teaspoon Worcestershire sauce

Cut bread diagonally into 1 inch thick slices. Mix remaining ingredients; spread on slices. Reassemble loaf, wrap securely in heavy duty foil. Place on grill 4 inches from medium coals. Heat 15-20 minutes, turning once. May be heated in 350°F oven 10-15 minutes. Serves 6-8.

SPICY CREAM CHEESE SPREAD

Anita Beal

Serve this spread on crackers or party rye slices.

1 3 oz. pkg. cream cheese
1 tablespoon ketchup
1 tablespoon mayonnaise
1 teaspoon pickle relish
1 teaspoon lime juice
5 dashes Tabasco
pinch of cayenne

Mix well with a fork or blend in blender. Refrigerate in covered jar.

BRAUNSCHWEIGER SPREAD

Thelma Krock

Elegant but easy! Serve with crackers or to stuff celery.

1 tube braunschweiger
8 oz. cream cheese
1 teaspoon chopped onion
1 teaspoon horseradish mustard
1 teaspoon Worcestershire sauce
a little mayonnaise

Beat cream cheese with electric mixer until creamy. Add other ingredients and beat until smooth.

HOUMMUS (Chick-pea Spread)

Marjorie Russell

2 cups dried chick-peas
2 cloves garlic, minced
chopped parsley
1/4 cup sesame or olive oil
1½ tablespoons lemon juice
pita bread or stone-ground crackers

Cook chick-peas according to package directions. Place cooked peas, garlic and lemon juice in blender. Blend thoroughly. Swirl onto a plate in a thin layer of concentric circles. Drizzle oil over hoummus and garnish with chopped parsely. Serve on bread or crackers. NOTE: To enrich the basic recipe, add 1 cup tahina paste, a ground hulled sesame seed paste available in specialty shops.

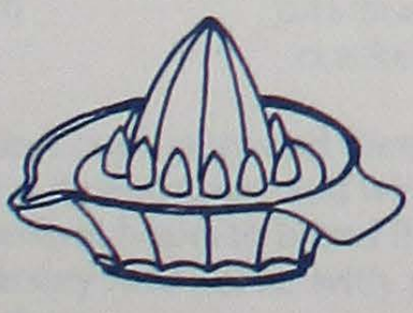
HARRIS FAMILY SPREAD

Isabel Matterson

Bits of pimento make this spread attractive and add a little something special to the flavor.

1/2 to 3/4 lb. New York cheddar cheese
1/2 of 2 oz. jar pimento
2 tablespoons minced onion

Only New York cheddar cheese will give a flavor to please three generations of our family. Look for it where fine cheeses are sold. When you find some, put it, the pimento and minced onion through a food grinder. Mash it and work with it until it is a smooth paste. Refrigerate 2 or 3 days and taste. Does it need a bit more onion? Blend it in. Quantities of any of the ingredients can be adjusted to meet a family's taste. Serve on bread or crackers, cold, or run under the broiler a few minutes.



B.B. SPREAD

Hazel Lipa

These broiled beef on bread canapes are good with tomato soup or any hot, light vegetable soup.

- 1/2 lb. ground chuck
- 2 tablespoons dry sherry
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 slices bread

Mix ground beef, sherry, salt and pepper and spread on slices of white or whole wheat bread. Be sure the meat covers the crusts. Place on aluminum foil under preheated broiler and broil 2-3 minutes according to your taste—rare, medium rare or done. Stay with them because these open-faced sandwiches burn fast. Remove from broiler, cut in half and serve piping hot. NOTE: You may use ground round if you add 2 tablespoons oil. You may vary the seasoning with 2 tablespoons soy sauce or 1/2 teaspoon dried basil or oregano or finely chopped onion.

BABA GANOUJ

Ann Peterson

This eggplant spread or dip is wonderful with raw vegetables, in pita bread or on crackers.

- 2 medium to small eggplants
- 1/4 cup lemon juice
- 1/2 cup sesame tahini
- 3 cloves garlic, crushed
- 1/4 cup finely minced scallions
- 1/2 cup finely chopped parsley
- 1 teaspoon salt
- pepper, freshly ground
- 1 tablespoon olive oil

Preheat oven to 400°F. Cut off stem ends of eggplants and prick them all over with a fork. Place them on oven rack and let them roast for 45 minutes. When cool, scoop the insides out and mash well. Combine with other ingredients except olive oil. Chill completely. Drizzle oil over just before serving. Garnish with a lemon slice and a sprig of parsley.

CURRY SPREAD

Mary Shirley

2 tablespoons chopped onion
1 teaspoon tarragon vinegar
1 teaspoon curry
1 teaspoon garlic salt
1 teaspoon horseradish
1 cup mayonnaise
1 4¼ oz. can chopped black olives
2 oz. diced cheese

Mix all ingredients together. Spread on thin-sliced white bread or crackers.

CREAM CHEESE SPREAD

Bess Ferguson

This spread is good on crackers or thin slices of whole wheat bread. If you are in a hurry, a pinch of the herbs probably is as accurate a measurement as you need.

8 oz. cream cheese
1 tablespoon water
2½ teaspoons Beau Monde seasoning
1/4 teaspoon crushed thyme
1/4 teaspoon crushed savory
1/4 teaspoon crushed marjoram
1/2 teaspoon dried parsley or 2 teaspoons minced fresh

Soften cream cheese at room temperature. Add other ingredients and blend until smooth. Serve on crackers or stuff celery sticks.

EGGPLANT SPREAD

Marjorie Russell

1 medium-sized egg plant
1/4 cup olive oil
2 tablespoons red wine vinegar
2 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1 medium tomato
1/2 cup green onions, sliced
parsley
pita bread or stone ground crackers

Cook eggplant until tender, cool, peel and dice. Stir in oil, vinegar, salt and pepper. Peel, core and dice tomato, add with onion to eggplant and toss lightly. Refrigerate several hours to blend flavors. Toss again before serving. Garnish with parsley and serve with pieces of pita bread or stone-ground wheat crackers.

CARAWAY CHEESE SPREAD

Lynn Lloyd

A little bit of German in this spread. It keeps for days in the refrigerator.

- 1 8 oz. pkg. cream cheese
- 1/2 cup butter
- 2 teaspoons chopped chives
- 1 teaspoon prepared mustard
- 1/2 teaspoon paprika
- 1 teaspoon caraway seeds

Blend softened cream cheese and butter. Add remaining ingredients, mix until well blended. Chill over night. Allow to reach room temperature before serving. Serve with crackers. Yield 1½ cups.

HERB AND CHEDDAR SPREAD

Jean Peterson

This recipe makes a creamy spread and responds well to any variation that suits your fancy. Be creative.

- 1/2 lb. sharp cheddar, grated
- 2 tablespoons butter or margarine
- 6 oz. cream cheese, softened
- 1/4 cup white wine or champagne
- 1/4 cup minced onion
- 1 clove garlic, minced
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon salt

In a bowl combine cheeses and butter until thoroughly mixed. Gradually add wine stirring all the while. Stir in other seasonings. Cover and chill.

Topping:

- 1 tablespoon chopped parsley
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon curry powder
- 1 teaspoon dill weed

Combine herbs and sprinkle over the top of cheese spread in a serving bowl. Each dip with a spreader gets a mixture of herbs and cheese. This recipe can be used for a cheese ball by limiting the liquid to 2 tablespoons and rolling the chilled ball in the herb mixture spread on waxed paper, then 1 cup chopped walnuts.

PATE OF CHICKEN ALMOND

Pod Wilson

1 cup cooked chicken, minced
1/4 cup butter
1 tablespoon sherry
1/4 cup minced onion
1/4 cup chopped toasted almonds

Blend chicken with butter. Add sherry and onion. Spread on crackers and sprinkle with chopped almonds.

CHICKEN LIVER PATE

Lela Furman

Always elegant when served with crackers

1/2 lb. chicken livers
2 tablespoons butter, divided
2 onions
2 eggs, hard cooked
salt, pepper

Sauté chicken livers and one tablespoon butter a few minutes, cover, reduce heat and simmer 5 minutes. Chop onions and cook slowly in 1 tablespoon butter a few minutes, until soft but not brown. Grind liver, onion and hard cooked eggs twice, season with salt and pepper. Refrigerate. Serves 6.

PATE DE FOI

Mildred Benson

People always ask for this recipe.

1/2 lb. chicken livers
1/2 cup softened butter
2 tablespoons finely minced onion
1 teaspoon dry mustard
1 teaspoon salt
1/8 teaspoon ground cloves
pinch cayenne
pinch nutmeg

Bring livers to a boil in water barely to cover, and simmer 15 to 20 minutes in a covered saucepan. Drain and put livers through the finest blade of a food chopper. Mix liver paste with the other ingredients. A few chopped truffles or a piece of anchovy butter the size of a pea may be added. Blend mixture well, pack in a crock and chill. Serve with crackers. Serves 6 to 8. Note: you can use rendered chicken or goose fat.

JO ANN FANGMAN'S CHEESE BALL

Isabel Matterson

What a nice gift this would be for a friend.

1 8 oz. pkg. cream cheese
4 oz. bleu cheese (or half this amount)
2/3 cup chopped ripe olives
2 teaspoons chives, chopped
1/3 cup slivered almonds
1/4 cup butter

Mix all ingredients except almonds. Shape into ball and chill. Sauté almonds in butter and roll ball in almonds before serving. Serve with crackers.

DALLAS CHEESE BALL

Virginia Stafford

This spread is handy to have in the freezer for unexpected guests or a spur-of-the-moment party.

6 oz. bleu cheese
1 oz. processed American cheese, grated
12 oz. cream cheese
1 tablespoon green onions, chopped
1 teaspoon Worcestershire sauce
1/2 teaspoon Accent
1 cup chopped pecans, divided
1/2 cup parsley, chopped, divided

Mix 3 cheeses, onion, Worcestershire and Accent and mold into a ball. Refrigerate for 24 hours. One hour before serving, roll in half the pecans and half the parsley. This freezes well. Re-roll leftover cheese before serving again and roll in reserved pecans and parsley.

CHEESE 'N EASY

Sharon Haugen

Something quick and easy for people on the go!

10 slices bread
Butter
1/4 cup chopped onion
1/2 cup grated Parmesan cheese
1½ cup mayonnaise
dash cayenne pepper

Trim crusts from bread and cut into quarters. Spread one side lightly with butter. Mix onion, cheese, mayonnaise and cayenne and spread mixture on other side. Sprinkle with small amount of Parmesan cheese. Broil on ungreased cookie sheet 2-4 minutes or until bubbly. Cut in quarters. Makes 40 appetizers.

PIMENTO CHEESE SPREAD

Pod Wilson

1 lb. medium cheddar, grated
1½ oz. jar pimento, chopped (reserve 1 tablespoon of liquid)
2 heaping tablespoons mayonnaise (more if needed)
1 teaspoon vinegar
1 teaspoon dry mustard
1 teaspoon grated onion
1/4 teaspoon Worcestershire
1 teaspoon salt
1/2 teaspoon pepper

Mix by hand until smooth and well blended. Allow to mellow in refrigerator for several hours before serving. Use for sandwiches, stuffed celery, on crackers.

PANTRY CHEESE SPREAD

Ellen Dykema

Marvelous served with soup and salad for dinner.

1/2 lb. margarine
1/4 cup grated sharp cheddar cheese
1/8 cup grated Romano cheese
1/2 teaspoon Worcestershire sauce
1/4 teaspoon garlic powder
1/4 teaspoon paprika

Whip all ingredients in electric mixer until fluffy. Spread on French bread slices and toast under broiler. Will spread *at least* ONE large loaf of French bread. Keeps well in refrigerator in sealed container.

MOCK LIVERWURST

Betsy Lockhart

I use this mock liverwurst as a sandwich filling, or as a tasty spread on crackers.

1 carrot, sliced
1 onion, sliced
1 lb. baby beef liver
1/4 teaspoon pepper
1 clove garlic
2 teaspoons salt
1/4 teaspoon sage
1/4 teaspoon thyme
any juices left from sautéing or grinding

Lightly saute' the carrot and onion in a little vegetable oil until transparent but not browned. Add the sliced liver and black pepper and steam above the vegetables 8 minutes. Put liver, vegetables and garlic through meat grinder 2 or 3 times, using the smallest blade. Add salt, sage, thyme and any remaining juices and mix well. For mock liverwurst, turn the mixture onto wax paper and form into the rolled shape of commercial liverwurst. Chill thoroughly; cut into diagonal slices. For a party spread, press mixture firmly into a round bowl. Chill, turn bowl upside down on a serving plate and tap the bottom until mixture slides out, rounded side up.

SAUSAGE CANAPES

Jean Sargent

This can be made to varying degrees of spiciness depending on the sausage you choose.

1 lb. hot seasoned sausage
1 lb. Velveeta cheese
sprinkling of oregano

Cook sausage, crumble as it cooks. When done, add cheese, cut in pieces, and oregano. Stir until melted and well mixed. Spread mixture on party-size slices of rye bread. Place on cookie sheet, freeze. Package in plastic bag when frozen, store in freezer. To heat, place on cookie sheet in 350°F oven for 8-10 minutes, or until bubbly. This amount covers all the slices in two small round loaves of bread.

CREAM CHEESE SPREAD

Anita Beal

3 oz. cream cheese
1 tablespoon ketchup
1 teaspoon pickled relish
5 dashes Tobasco sauce
pinch cayenne
1 tablespoon mayonnaise
1 teaspoon lime juice

Mix all ingredients together using a fork or put in a blender. Serve on party rye bread.

VARIETY SPREADS FOR HERB BREAD

Jean Peterson

Herb bread is a great accompaniment for soup and a great way for the cook to be creative. Here are some ideas for starters. Use a loaf of French bread split lengthwise. Spread each cut surface with half of the herb-butter mixture. Reassemble the loaf, wrap in foil and heat at 350° for 30 minutes Blend 1/2 cup of butter or margarine with any of these combinations of herbs.

PARMESAN BREAD

1/4 cup grated Parmesan cheese
1/4 cup minced parsley
1 teaspoon oregano
1/4 teaspoon garlic salt

GARDEN HERB BREAD

1/2 cup minced fresh chives
1/2 cup minced fresh parsley
1 tablespoon minced fresh basil
1/2 tablespoon minced fresh tarragon

BREAD CALIENTE

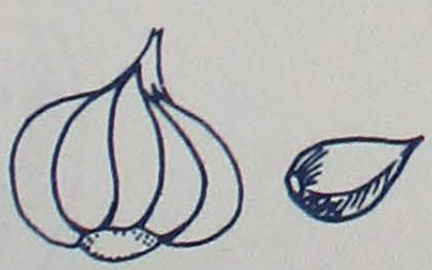
1 tablespoon paprika
1 tablespoon chili powder
1/4 teaspoon oregano
1/4 teaspoon basil
1 teaspoon grated onion

HERB PEPPER BREAD

1/4 teaspoon whole savory, crushed
1 teaspoon thyme
1/2 teaspoon salt
1/4 teaspoon cayenne

PATIO HERB BREAD

1 jar processed American cheese
1/2 teaspoon garlic salt
1 teaspoon marjoram
1 teaspoon sesame seeds
1/4 cup sherry
chopped parsley



ZUCCHINI MARMALADE

Maridee Hegstrom

What to do with all that zucchini that you either grow or is given to you by the basketful? Make marmalade for neighbor gifts at Christmas time!

7 lb. of zucchini
7 lb. of sugar
3 whole lemons
3 whole oranges

Peel and seed zucchini, pour off any liquid. Remove seeds from lemons and oranges and grind them, rinds and all. Add sugar, mix well and let stand overnight. Bring to a boil and seal in sterilized jars. Makes almost 6 quarts!

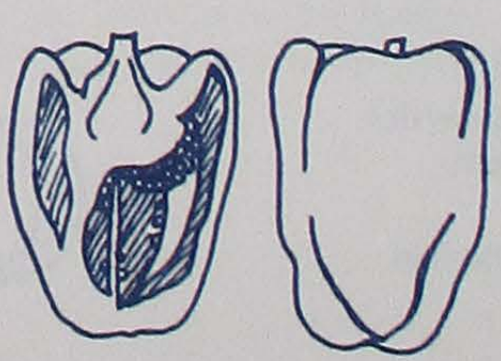
JALEPENO JELLY

Gloria Layton

This colorful, spicy jelly is a nice gift for people who don't make jelly.

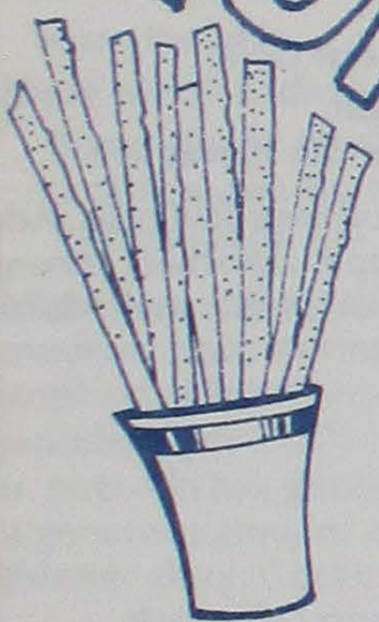
3/4 cup ground sweet green peppers
1/4 cup ground jalapeno peppers
1 cup cider vinegar
5 cups sugar
1 6 oz. bottle fruit pectin
red or green vegetable coloring

Combine peppers, vinegar and sugar in saucepan, bring to boil and simmer 5 minutes. Remove from heat, skim off foam and let stand briefly. Stir in fruit pectin and a little food coloring. Pour into hot sterile jars and seal. NOTE: If you don't find fruit pectin in a bottle, look for it in pouches, large or small. If you are substituting granular pectin for liquid, be sure to follow instructions for granular pectin printed on the box.



CRISPIES
CRUNCHIES
MUNCHIES

CRISPIES
CRUNCHIES
MUNCHIES



SPICED NUTS

Nellie Rodenberger

You may use pecans, almonds, walnuts or roasted peanuts.

- 1 cup sugar
- 1/2 teaspoon cinnamon
- 1/3 cup evaporated milk
- 2-2½ cups shelled nuts
- 1/2 teaspoon vanilla

Mix sugar, cinnamon and milk in saucepan. Boil to soft ball stage or 236°F, stirring constantly. Remove from heat, add nuts and vanilla. Turn gently over and over until all nuts are coated. Turn onto waxed paper and quickly separate into small pieces. Cool completely before storing. Makes 2½ cups.

GLAZED PECANS

Sarah White

Orange flavored glaze provides these nuts a special taste.

- 1 large orange, grated rind and juice
- 1 cup sugar
- 1 quart pecan halves

Mix rind, juice and sugar in saucepan. Bring to boil over low heat. Add nuts slowly and stir thoroughly. Cook until all syrup is absorbed, stirring constantly. Remove from heat and stir until each nut is separated. Makes 1 quart.

DEVILED ALMONDS

Rosemary Shearer

Good for a party and a sure-to-please gift.

- 1½ cup blanched whole almonds
- 1/2 cup butter
- 1/4 cup salad oil
- 1 tablespoon celery salt
- 1/2 teaspoon plain salt
- 1/2 teaspoon chili powder
- 1/8 teaspoon cayenne

Combine almonds, butter and oil in a skillet and cook over medium heat until golden. Turn onto paper towels to drain. While hot sprinkle with mixture of celery and plain salt, chili powder and cayenne. Toss to mix well. Makes 1½ cups.

COCKTAIL PEANUTS

Jane Milleman

These peanuts are nice for a party or for a gift.

- 1 16 oz. pkg. raw peanuts
- 1/2 cup water
- 1 cup sugar
- salt

Cook peanuts, water and sugar on stove top, stirring constantly until all liquid is gone. Spread nuts on greased cookie sheet and sprinkle with salt. Bake 30 minutes at 300°F. Stir after 12 minutes. Makes 2 cups.

SPICED PECANS

Paula Stewart

Three spices make these nuts really spicy.

1 cup sugar
1/2 teaspoon salt
1/2 teaspoon nutmueg
1/2 teaspoon cloves
2 teaspoons cinnamon
1/4 cup water
2 cups pecans

Mix sugar, salt, spices and water together in a saucepan and cook to soft ball stage. Remove from heat, add pecans and stir until sugary, several minutes. Break apart when cool. Makes 2½ cups.

MAPLE GLAZED NUTS

Mary Buchele

These are as addictive as salted peanuts—you can't stop with just one.

1 cup maple syrup
1 tablespoon butter
1/4 teaspoon salt
3/4 teaspoon cinnamon
2 teaspoons vanilla
2 cups English walnut meats

In an iron skillet, stir together syrup, butter and salt. Bring to boil over medium heat, stirring frequently until mixture begins to thicken. Cook until syrup just begins to spin a short thread when dropped from a wooden spoon, 270°F. Remove from fire, add cinnamon and vanilla, stir in nuts adn toss gently until nuts are evenly coated with glaze. This makes a generous amount of maple sugar on each nut. Use 3 cups of nuts for a thinner glaze. Cool on waxed paper. Makes 2 cups of maple-glazed nuts.

CARMELLED NUTS OR BEER NUTS

Jean Brayton

These nuts are good with or without beer.

1½ cups water
1 cup sugar
1/4 teaspoon maple flavoring
18 to 20 oz. raw peanuts

In heavy pan, cook all ingredients over low heat until moisture is gone, stirring occasionally (Approx. 2 hours). Spread on a greased cookie sheet, salt lightly. Bake at 300-325°F for 30 minutes. Stir after first 15 minutes. Cool.

CRACKERS

Jo Burgason

Your choice of herbs makes these distinctly your own.

3 cups flour
1 teaspoon salt
3 tablespoons dried minced onions
1/2 lb. butter or margarine
1 cup cottage cheese
3 tablespoons sage or caraway seed, or sesame seed or dill

Mix flour, salt, butter and cottage cheese like pie crust until of uniform texture. Add 3 tablespoons of any one of the herb seasonings. Roll in a ball and refrigerate at least one hour. Roll out as thin as possible on lightly floured board. Cut with round cookie cutter into individual crackers. Place on ungreased cookie sheet and prick each cracker at least once with a fork before baking. Bake at 450°F for 12 minutes until lightly brown. Makes a lot!

TOASTED PARMESAN CANAPES

LaVerna Brindley

Make these early and refrigerate until time to broil and serve them.

8 slices white bread
3 onions
3 tablespoons grated Parmesan cheese
1 cup mayonnaise

Trim crusts from bread and cut each slice into 4 pieces. Cut onion crosswise in fairly thin slices. Spread a spoonful of mayonnaise on each slice, put a slice of onion on top and sprinle with Parmesan cheese. Broil 2 or 3 minutes until tops are nicely browned. Cut each slice in four pieces and serve hot.

DATE DELIGHTS

Mary Buchele

These delectable wheat-free, milk-and-egg-free sweet treats are some I devised originally for a special Christmas party. They are now year round favorites of my family.

2 cups pitted dates
1/2 cup raisins
1 cup dried figs
1¾ cups chopped pecans
Grated coconut or finely chopped nuts

Grind dates, raisins and figs in food grinder or chop in food processor until well mixed, but not mushy. Stir in chopped nuts, mix well and shape into small balls. Roll in grated coconut or finely chopped nuts. Store in air-tight container or freeze.

CHEESE STRAWS

Pod Wilson

These nifty straws are popular at parties and they go well with soup, too.

- 1½ cups sifted flour
- 3/4 teaspoon salt
- dash of pepper
- dash of cayenne
- 1/2 cup butter or margarine
- 2 cups grated Parmesan cheese (8 oz.)
- 1 large egg, well beaten
- 3 tablespoons cold water, or more

Sift flour, salt, pepper and cayenne together. Work butter and cheese into flour with pastry blender. Beat egg lightly, add water and work into flour mixture. Chill. Roll on lightly floured cloth to 1/3 inch thick and cut into 4 inch long strips. Bake on ungreased baking sheet 8-10 minutes at 400°F.

SESAME PASTRY WAFERS

Mildred Benson

These wafers go well with soup and they are popular as snacks.

- 1 cup sifted flour
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon ginger
- 1 egg yolk, slightly beaten
- 1/3 cup butter, melted
- 1 tablespoon water
- 1/2 teaspoon Worcestershire
- 1 cup shredded sharp cheddar cheese
- 1/4 cup toasted sesame seeds

Sift flour, salt, sugar and ginger together. Mix egg, butter, water and Worcestershire together. Add to flour gradually, mixing well. Add cheese and sesame seeds and form into ball. Roll out on floured board to 1/8 inch thickness. Cut into 3 x 1 inch strips. Bake on ungreased sheet at 350°F, 10-15 minutes. Watch! Don't let them get too brown. Makes about 48 wafers.

One good cook always has toasted sesame seed ready when she needs some. She buys it by the pound and toasts it, a cupful at a time in a large skillet over low heat, stirring often, when she is busy doing other things in the kitchen.

CHEESE COINS

Ellen Parks

A roll or two of this dough in the freezer and you can have these tidbits ready to serve on short notice.

- 2 cups flour
- 1/2 lb. butter or margarine
- 12 oz. very sharp cheese, grated
- 1 clove garlic, minced or mashed
- 1/2 teaspoon allspice
- 3/4 teaspoon cayenne
- 1/8 teaspoon cumin
- 2 cups walnuts, chopped

Soften butter. Mix all ingredients and mold into four rolls about 2 inches in diameter. Chill or freeze. When ready to serve, slice the rolls into coins about 1/4 inch thick and bake at 375°F, 10-12 minutes, until golden brown.

CHEESE THINS

Pod Wilson

These crisp cheese wafers are good with soup and wonderful for tea parties or cocktail parties.

- 1 cup flour
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 2 cups grated sharp cheese
- 3/4 cup pecans, chopped fine
- 1/2 cup butter, creamed

Sift flour. Add salt, paprika, cheese and nuts. Add to creamed butter and make into two rolls. Chill overnight. Slice thin and bake at 350°F until light brown, 10-15 minutes.

One good cook keeps cheese (parmesan, romano) soft by moistening a man-sized handkerchief with vinegar, wrapping the cheese in it and storing it in the refrigerator.

TUTTI-FRUITTI PARTY MIX

Bess Ferguson

This mixture of dried fruits, nuts and candies is popular with all ages. Set bowls of it about for parties, take little plastic bagsful on long car trips. Give it to people who have everything. Measurements need not be accurate. A little more of one thing can make up for a little less of something else.

- 1 cup dried apricots
- 1 cup dried pears
- 1 cup seedless raisins
- 1 cup golden raisins
- 1 cup walnuts
- 1 cup salted peanuts
- 1 cup unblanched almonds
- 1 cup plain M & M candies

Snip apricots and pears into pieces about the size of raisins. Cut or break walnuts the same size. (You can snip while you watch television.) Leave almonds whole. Mix everything together and refrigerate or freeze. Makes 2 quarts. (Note: If you don't have dried pears, skip them or use dried apples or peaches.)

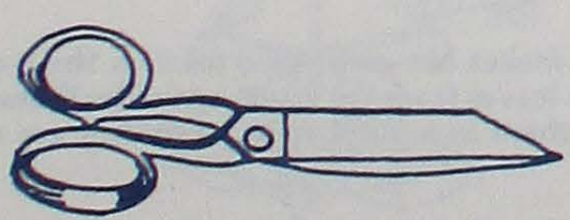
TRAIL MIX

Suzan Shierholz

You don't have to follow a trail to enjoy this combination of nuts, coconut and raisins. Enjoy it wherever you happen to be.

- 1/2 cup sliced almonds
- 1 cup walnut pieces
- 1 cup pecan pieces
- 1/2 cup cashews
- 1 cup peanuts
- 1/2 cup roasted and salted sesame seed
- 1 cup raisins
- 3/4 cup shredded coconut

Combine all the nuts in large baking pan and roast 45 minutes at 300°F. Stir occasionally. Remove from oven and cool. Stir in sesame seed, raisins and coconut and mix well. Store in air tight containers. Note: You may add other nuts if you like and I cup M & M candies for a sweeter mix.



KASHMIRI CRUNCH

Bess Ferguson

Popcorn is hard to beat for a snack but curry powder gives this old favorite a new flavor. So does the shaved coconut. Look for it in health food stores or supermarkets.

- 2 quarts popped corn
- 2 cups shaved coconut
- 1/4 cup melted butter
- 1/4 cup brown sugar
- 1/4 teaspoon onion salt
- 1/2 teaspoon curry powder
- 1 cup cocktail peanuts or cashews

Pop corn and keep it warm. Toast coconut in 250°F oven until lightly browned, about 5 minutes. Stir brown sugar, onion salt and curry powder into melted butter. Mix popcorn, coconut and nuts in a large bowl and pour seasoned butter over them. Stir until well mixed. Makes about 3 quarts.

KARO CRAZY CRUNCH

Shirley Tice

A great snack for the bridge table.

- 2 quarts popped corn
- 1-1/3 cup pecans or walnuts
- 2/3 cup almonds
- 1½ cup sugar
- 1 cup margarine
- 1/2 cup light corn syrup
- 1 teaspoon vanilla

Mix popcorn and nuts in a large bowl. Combine sugar, margarine and corn syrup and bring to boil, stirring constantly. Continue boiling, stirring occasionally, 10 to 15 minutes or until mixture turns light carmel color. Remove from heat, stir in vanilla and pour over pop corn and nuts. Spread on cookie sheet to dry. Break apart. Makes 3 quarts.

One good cook makes her own dried parsley. She washes a fresh bunch, picks the leaves from the stems, sprinkles them on a cookie sheet and dries them in a 250°F oven until they are crisp.

HERB BREAD STICKS, QUICK AND EASY

Sharon Joens

No time to make yeast-bread sticks? You can turn these out in less that 30 minutes.

1/2 cup margarine
1 teaspoon basil
1 teaspoon oregano
1 teaspoon thyme
1 teaspoon marjoram
12 slices of bread

Melt margarine and stir in herbs. Spread on bread slices and bake on lightly greased baking sheet 10 minutes at 350°F. Remove from oven and cut (I use kitchen shears) slices into 1/2 inch wide sticks. Return to baking sheet and bake 10-15 minutes longer at 350°F. Makes 5 or 6 dozen.

RYE MELBA CHIPS

Mildred Benson

Wonderful toasted flavor in crunchy slices, almost potato chip thin.

1 "icebox" rye loaf (tiny size) unsliced
1/4 cup butter or margarine, melted
1/2 cup butter or margarine, melted
Parmesan cheese

With very sharp knife or slicer, cut rye in paper-thin slices. Place slices in single layer on trays; allow to dry until crisp and edges curl. Spread 1/4 cup butter or margarine, melted, over bottom of large baking pan at least 2 inches deep. Scatter slices over butter. Drizzle 1/2 cup butter, melted, over top of slices. Broil about 4 inches from heat until delicately brown. Stir chips so bottom pieces can brown lightly. Sprinkle with Parmesan cheese while hot. One loaf in slices serves 4.

Oregano

PICK-UP STICKS

Mildred Benson

You can make sticks or squares with this dough.

- 1 cup sifted all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- dash cayenne pepper
- 1½ cup shredded cheddar cheese
- 1 slightly beaten egg
- 1/4 cup milk
- salt

Sift dry ingredients, add shredded cheese. Combine milk and egg and sprinkle over dry mixture. Mix until just moist enough to hold together. Roll out on floured board and cut into 4 x1/2 inch strips. Sprinkle lightly with salt. Place on ungreased sheet. Bake 350°F, 15-20 minutes ... Watch! Makes about 8 dozen sticks. This can be rolled into 16 x 12 inch pieces and cut in 1 or 2 inch squares. Prick with fork and bake as above.

HERB CROUTONS

Mildred Benson

You can serve these tasty tidbits hot with soups or chowders or you can freeze them and recrisp them in the oven to serve later.

- 1 tablespoon dried thyme
- 2 tablespoons dried parsley
- 1 clove garlic
- salt and pepper to taste
- 1/4 cup soft butter
- 8-12 slices dry whole wheat bread

Crush thyme, parsley and garlic with salt and pepper in a mortar with pestle until well blended. Blend with soft butter. Spread thinly on both sides of bread and cut slices into small cubes. Arrange cubes on baking sheet and toast in 350°F oven 15 or 20 minutes. Check occasionally and toss them about so all sides will be crisp. If you cut the bread slices into at least 16 cubes per slice, you will have from 128 to 192 cubes or enough to serve 6 generously.

One good cook asked her family to give her a cheese grater for her birthday and she got it.

CORNMEAL CRISP

Lois Benson

These crisps go well with soup or spaghetti.

1 cup yellow cornmeal
1 cup sifted flour
1/2 teaspoon salt
1/4 teaspoon soda
2 tablespoons soft shortening
1/3 cup milk
melted butter and salt

Sift cornmeal, flour, salt and soda together. Add shortening and milk and mix well. Knead on lightly floured board 6 or 8 kneads or until dough just holds together. Break off pieces size of a large marble and roll into very thin 4-inch rounds, leaving the edges ragged. Place on ungreased baking sheet and bake 15 minutes at 350°F, lightly browned. While hot, brush with melted butter and salt lightly. Serves 6.

CRACKER SNACKS

Alice Holms

A little seasoning and a bit of cheese turn ordinary oyster crackers into tasty tidbits to go with soups or to munch on just because they are good.

1 cup butter
1/2 teaspoon celery salt
1/2 teaspoon garlic salt
1/2 teaspoon onion salt
1/2 teaspoon paprika
1/2 cup grated Parmesan
1 10 oz. pkg. oyster crackers

Melt butter, blend in seasoning and stir in crackers. Spread on cookie sheet and bake a few mintues at 300°F until heated through and cheese clings to crackers. Stir a time or two. Makes 6 or 7 cupfuls. Note: If you prefer less salt, use part onion or garlic powder.

HA PENNY SNACKS

Rosalyn Benson

These snacks can be made early and reheated and they will be crisp as a cold winter morning.

1/2 cup soft margarine
1/2 lb. sharp Cheddar cheese, grated
1/2 pkg. onion soup mix
1 cup flour

Blend margarine, cheese and soup mix. Add flour, mix well and mold into 1-inch roll. Wrap well and chill at least 30 minutes. Slice into 1/4 inch thick slices, set on ungreased baking sheet and bake about 12 minutes at 350°F until edges are slightly brown. Makes a lot.

GRANOLA

Jan Gugino

Granola is always good for snacks or to add to breakfast cereal or to top plain ice cream.

- 4 cups rolled oats
- 1/2 cup sesame seed
- 1 cup sunflower seed
- 3/4 cup nuts
- 1 cup honey
- 1/2 cup vegetable oil
- 1 teaspoon vanilla
- 1 cup raisins or snipped dates or dried apricots

Mix rolled oats, sesame and sunflower seed and your choice of nuts, cashews or almonds, or pecans, or peanuts, or Brazil nuts, or filberts, or walnuts, or pumpkin seeds. Mix honey oil and vanilla thoroughly and pour over oat mixture. Stir and toss until everything is coated. Spread onto a cookie sheet and bake 20-30 minutes at 350°F. Stir every 5 or 10 minutes to prevent burning. Add raisins, dates or apricots after baking. Makes about 2 quarts.

NUTTY FRUIT MUNCHES

Mary Buchele

A friend told me about these bars after she learned I must avoid wheat, eggs, chocolate and milk. Anyone else with similar limitations? Try these. I think you will like them. The bars pack well for lunches or to take on camping trips.

- 3/4 cup chopped dried fruit
- 2 cups sunflower seed
- 3/4 cup sesame seed
- 1/2 cup shredded coconut
- 1 cup honey
- 1 cup crunchy peanut butter
- 3/4 cup carob powder

Your choice of dried fruits. I use peaches, pears, apricots, apple, figs, dates or raisins in any combination I have on hand or can find. Combine fruits, seeds and coconut in mixing bowl. Warm honey and peanut butter over low heat, add carob powder and stir well. Pour over fruit mixture and work in quickly—it thickens as it cools. Pour into oiled 8-inch square pan and pat down until it is flat and firm. Chill at least 2 hours, cut in 1 x 2 inch bars. These will be thick bars. If you want thinner bars, use a larger pan. Carob powder usually is available in health food stores.

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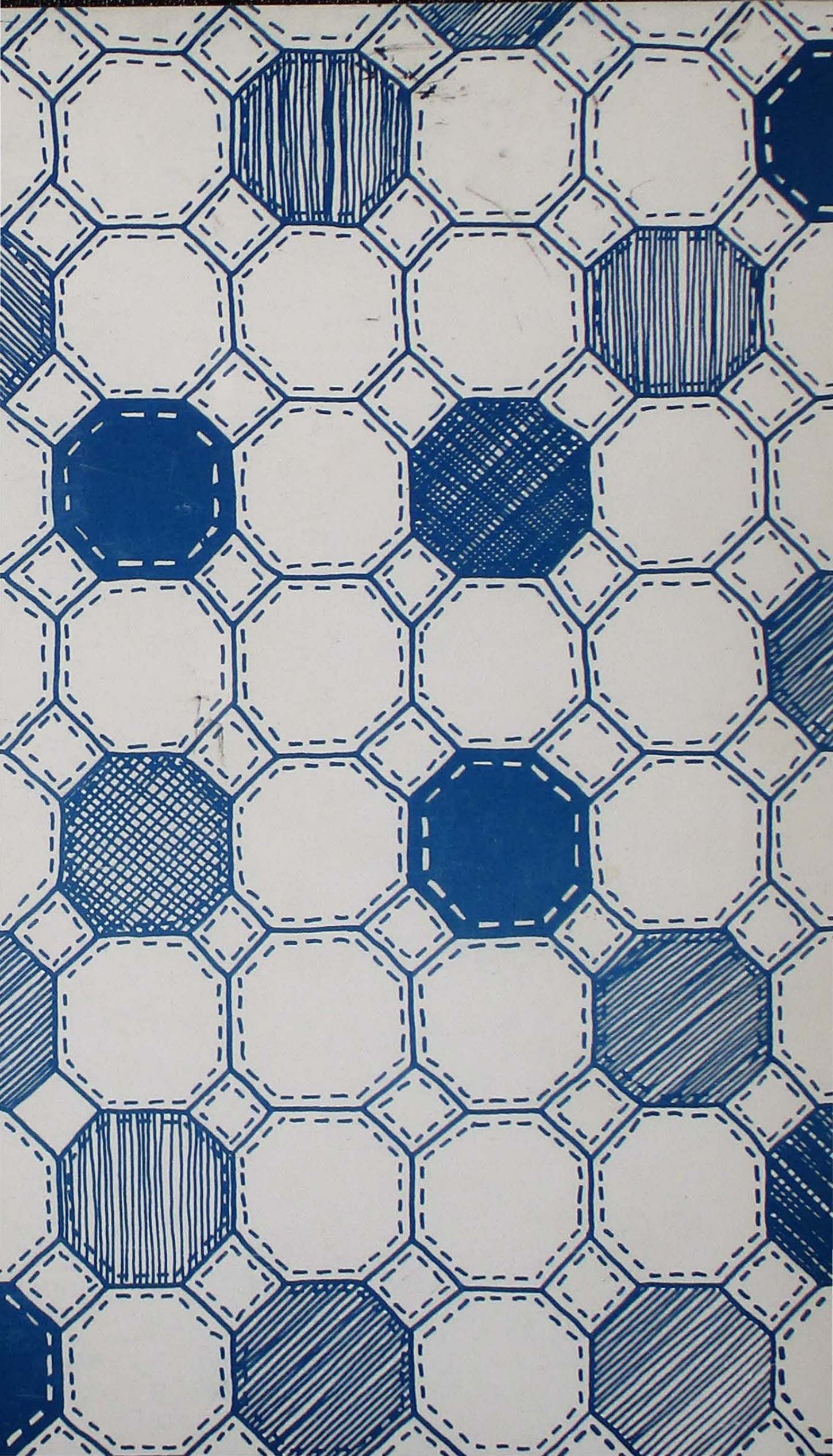
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